

Consumer Reports

"FACTS YOU NEED
BEFORE YOU BUY"

VOL. 8, NO. 5

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MAY 194



TESTS ON COFFEE
SUBSTITUTES

WORK CLOTHES
FOR WOMEN

MEN'S OVERALLS
GREEN BEANS

FURNISHINGS FOR
CHILDREN'S ROOMS

ANTI-PERSPIRANTS
AND DEODORANTS

OVERWEIGHT: ITS
CAUSE AND CURE



Hurry Up!

That, if we may condense many words into two, is the point of numerous letters that have come to CU since tests on men's shoes were announced in the April issue. Coupon 17 expires June 15, and members want the shoe ratings before that time.

We feel we owe CU members some explanation as to why they won't find the ratings in this issue, nor even in the next. Why, in fact, they won't appear until the July issue, in time for the second shoe coupon.

In the first place, when CU received permission from OPA to buy 150 pairs of men's shoes for test, it couldn't get them immediately. We had to wait several weeks for the special coupons to be printed. These weeks weren't wasted, however. Previous national surveys of the shoe market were re-checked to make sure that the 150 coupons would be used for the most widely available brands, and arrangements were made with CU shoppers in various parts of the

country to buy the shoes the moment the coupons reached them by registered mail.

Purchase of the brands available in New York City began the day the coupons arrived from OPA. And with the arrival of the first shoes began the biggest single project CU's laboratory has ever undertaken.

150 pairs means 300 shoes to be tested. And each shoe presents a neat little project all by itself. First, each shoe has to be torn down into many different parts, and as it comes apart, careful notation has to be made in the laboratory notebook of the various points of construction. Two technicians, working rapidly and steadily together, can tear down only eight pairs of shoes a day.

Then each separate piece has to be marked with an identification number. After that, test strips are "chopped" out of each piece that is to be subjected to tensile strength tests or abrasion resistance measurements, and the strips are, in turn numbered.

Only then can the test machines begin pulling and turning, to measure the quality of the materials used in the shoes. Seventeen separate tests will have to be made on each shoe; counters on the abrasion machine will record 3,000,000 rubs of the abrasion wheel before the tests are finished. All this takes many weeks.

But construction is as important as materials in determining shoe quality, and in addition to all the mechanical tests, each shoe, and the parts that made it up will have to be subjected to critical study in the course of the test. This, too, takes time.

And when the tests and examinations are finished, there will be thousands of numbers, representing ratings of each little individual point, to be figured, correlated and compared. Three members of the laboratory staff are working on the shoes. Many of the processes go on simultaneously. They are working fast, and if all goes well, if no machines break down, they expect to have the ratings of the \$2 brands, the \$22 brands, and all the rest ready for the July issue.

CONSUMERS UNION is a non-profit organization chartered under the Membership Corporation Laws of New York State. Its purpose is to furnish unbiased, usable information to help families meet their buying problems, get their money's worth in their purchases, develop and maintain an understanding of the forces affecting their interests as consumers. Consumers Union has no connection with any commer-

cial interest and accepts no advertising; income is derived from the fees of members, each of whom has the right to vote for candidates to the Board of Directors. More than 70 educators, social workers and scientists sponsor Consumers Union and a national advisory committee of consumer leaders contributes to the formulation of policy (names of the members of the committee will be furnished on request).

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without the Buying Guide issue, are \$3.50; for the Reports alone, \$3.

Membership involves no obligation whatsoever on the part of the member beyond the payment of the subscription fee. Convenient order forms for renewing subscriptions or entering new ones are found at the back of each issue.

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A Forbidden Subject

The Board of Directors of Consumers Union, after long and careful deliberation, has voted to appeal to the courts for removal of the Post Office ban on the mailing of CU's *Report on Contraceptive Materials*.

The ban was imposed by postal authorities several years after the *Report* was first published, and after it had achieved wide recognition and use in birth control clinics and by physicians.

Indeed, the Directors of CU originally consented to the publication of the *Report* only after physicians and workers in the field of birth control persuaded them that there was need for it, and after they promised their assistance in preparing a competent, unbiased publication analyzing available types and brands of contraceptive materials, and warning against the unreliable and dangerous products being sold to millions of women.

These unreliable and dangerous contraceptives were then—and still are—advertised and distributed through the mails. With one small and wholly insignificant exception, no obstacles are placed in the way of these products by the Post Office. The exception is that certain terms, such as "contraceptive" must not be used in describing them. Therefore, women are privileged to buy "feminine hygiene" products instead of "contraceptives." And because an authoritative report, analyzing them, telling which are effective and which are unreliable, which are safe and which are dangerous, uses the correct scientific terms, women who need such information to protect their health are, in effect, forbidden by the Post Office to read the report.

Why did the postal authorities ban the mailing of the report? Legalistically, there appeared to be good reason behind their action, since the Federal law in so many words bars the mails to contraceptive materials and to information about their use. But as CU's attorneys discovered when they analyzed the law and court decisions interpreting it, the law is not meant to apply, and should not be applied, except to obscene materials; it was never intended to bar sound medical advice from the mails.

The attorneys prepared a brief for the postal authorities, discussing the nature of the *Report*, the need for it, and its status under the law. They requested the Post Office to withdraw its ruling. The request was rejected. Read excerpts from this brief on pages 132, 133 and 134 of this issue, and you will understand more clearly why CU's Directors felt that they would be failing in their obligation to help protect the health and welfare of the American people if they accepted the mailing ban and did not appeal to the court.

Because of the special nature of the *Report on Contraceptive Materials*, and in deference to the beliefs of some CU members, the regular funds of Consumers Union will not be used to defray the costs of the court action. Instead, the costs will be met entirely from contributions of individual CU members and others. If the funds permit, the case will, if necessary, be carried through to the Supreme Court.

Consumer Reports

"FACTS YOU NEED
BEFORE YOU BUY"

"Because it was established for the very purpose of aiding families to buy wisely, to avoid waste and to maintain health and living standards, and because it is the largest technical organization providing such guidance, Consumers Union recognizes a special responsibility to the nation. In full awareness of that responsibility, we pledge ourselves to do everything in our power to help Americans as consumers make the greatest possible contribution to the national need."—FROM A RESOLUTION ADOPTED ON DECEMBER 10, 1941, BY THE DIRECTORS.

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REPORTS ON PRODUCTS

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Ratings of products represent the best judgment of staff technicians or of consultants in university, governmental and private laboratories. Samples for test are in practically all cases obtained on the open market by CU's shoppers. Ratings are based on laboratory tests, carefully controlled use tests, the opinion of qualified authorities, the experience of a large number of persons, or on a combination of these factors. Even with rigorous tests, interpretation of findings is a matter on which expert opinion often differs. It is Consumers Union's pledge that opinions entering into its evaluations shall be as free from bias as it is possible to make them.

COFFEE SUBSTITUTES

... will help extend your ration coupons. You may not like them at first, but some have good flavor and you can quickly become accustomed to them. CU reports taste tests on 19 brands, rates them "Good," "Fair," or "Poor"

With coffee, many people have discovered, to their sorrow, that truly absence makes the heart grow fonder. And many persons who felt, in the past, that they could "take it, or leave it alone," have recently discovered an overwhelming desire to "take it." Clashing with this, as everyone knows, is the strict rationing of coffee, which limits each consumer to one pound every five or six weeks. And, even after you've stretched this allotment to the bursting point (to learn how to do this, see the *Reports*, August 1942), it will extend to little more than one cup of coffee daily.

Coffee substitutes may help fill in the gaps. These are concoctions made of a variety of roasted cereals, roots, vegetables, fruits and herbs, compounded to taste more or less like coffee.

CU tested 19 brands of such coffee substitutes. The conclusion: you probably won't like any of them with the very first sip; you probably won't ever like any of them as well as you do coffee. But some of the substitutes on the market do have a good flavor, and they're well worth trying if you are looking for a beverage reminiscent of coffee, with which to extend your portion.

HOW CU TESTED

In its tests, CU technicians submitted the coffee substitutes to a panel of 12 normally heavy coffee drinkers. Six of these were accustomed to

drinking their coffee black and unsweetened; the rest customarily used sugar and milk or cream. Each taster in the latter group was permitted to flavor the brew to suit his preference.

Each brand was made up carefully, according to instructions given on the label. Four of the substitutes simply required the addition of hot water; the remainder were brewed in the same way as coffee.

With each cup of brew—the participants in the test did not know the identity of the brands they were tasting—went the following questionnaire:

1. Do you like it? Yes _____ No _____

2. If yes—do you like it very much? _____ just fair? _____
3. If no—is it very bad? _____ somewhat bad? _____
4. Is it too strong or bitter? _____ Is it too weak or flat? _____ Does it have some other off-flavor? _____
5. How do you like it in comparison with coffee? _____ Better than coffee? _____ As good as coffee? _____ Worse than coffee? _____
6. Would you serve it to extend your coffee ration? _____

The first round of tests was made with the products prepared exactly according to directions. When the results were tabulated, it was found that the majority of tasters voted some half of the beverages as unsatisfactory, on the ground that they were too weak. Additional tests were made with these, increasing the strength of the brews. The results varied: some were found improved by increased strength; some appeared to be no better and no worse; in the remainder, increased strength brought out unpleasant flavors.

An interesting sidelight was thrown on the situation when taste tests were repeated after the panel had been given the substitutes over a period of several days. Ratings of the various brands were almost universally higher, an indication that after a period of "breaking in," tastes of even normally heavy coffee drinkers begin to become accustomed to the substitutes.

One thing that coffee substitutes do not supply is the stimulating effect of coffee, which contains a minute amount of the drug caffeine. For some sensitive people, such stimula-



CU'S COFFEE TASTERS at work. Each tasted samples identified only as "A" and "B." At the time of tasting, each taster filled in a questionnaire indicating how he liked the sample as compared with real coffee, and whether he would be willing to use it as a substitute.

tion is excessive, and even a single cup of coffee tends to make them "nervous." These people, even in time of coffee abundance, have been forced to turn to decaffeinated coffee, or to substitutes like *Postum*. But most coffee drinkers, whether they know it or not, drink coffee because of the stimulant drug it contains, just as much as they drink it for taste.

HOW RATINGS WERE DETERMINED

The ratings which follow are based on the group taste tests, conducted in the manner described above. The brands tested are divided into groups, "Good," "Fair," and "Poor," on the basis of the first series of tests, in which the beverages were made up according to instructions of the manufacturer. Upon this strength, too, is based the figure of cost per ten servings.

Where an improvement in flavor was found as a result of increasing the strength of the brew, this is indicated. Brands which were found improved by increase in strength are listed in *italic type*.

A word of warning: Tastes differ, and yours may not agree with those of CU's testers. The great value of a taste test is that it indicates what most people are likely to prefer; and, therefore, what you will probably—but not certainly—find acceptable. CU recommends that you try first, those brands listed under "Good," and the brands which the italicized type indicate would be good with increased strength. Try your first few cups at various strengths, until you find the one you like best. But keep in mind that, as you increase strength, you are adding to the cost per cup.

Listed in groups according to taste preference. The italicized brands in the "Fair" and "Poor" groups, when used in increased strength (which means higher cost per serving) received a taste score that placed them in the "Good" category. The ingredients are listed with each brand. Figure in parentheses is the cost per 10 servings.

GOOD

Ficgo (California Ficgo Co., Los Angeles). 1 lb., 35¢ (2.5¢). Barley, figs. Nationally available.

Soyfee (Cubbison Co., Los Angeles). 1 lb., 33¢ (3.1¢). Barley, figs, soy bean. Nationally available, except in the South.

Hollywood Cup (Hollywood Cup, Inc., Los Angeles). 1 lb., 37¢ (2.7¢). Barley, figs, bran. Received a higher taste score with increased strength, but position in listing was not changed. Available in most states.

Solo-Cup (Solo Products Co., Chicago).

1 lb., 35¢ (1.5¢). Cereals, figs, vegetables. Received a higher taste score with increased strength, but position in listing was not changed. Nationally available except in New York.

FAIR

Breakfast Cup (Loma Linda Food Co., Arlington, Calif.). 12 oz., 27¢ (5.7¢). Bran, soy bean, wheat, rye, figs, maltose, honey. Rates last in the good group with increased strength. Nationally available.

Postum (General Foods Corp., Battle Creek, Mich.). 1 lb. 2 oz., 25¢ (3.3¢). Also sold loose at 25¢ per lb. (4.5¢). Bran, whole wheat, sugar cane molasses. Nationally available.

Instant Postum (General Foods Corp.). 8 oz., 49¢ (4.1¢). Bran, whole wheat, sugar cane molasses. Instant brew. Rates second in the good group with increased strength. Nationally available.

Yava (Helco Products Inc., NYC). 4 oz., 39¢ (8.5¢). Maltose, dextrose, dextrin, chicory, cereal. Instant brew. Available in Brooklyn and New Jersey only.

Sea-Co (Mineralized Foods Inc., Baltimore, Md.). 1 lb., 50¢ (5.6¢). Barley, figs, soy bean, bran, sea-vegetables.

Soykee (Battle Creek Food Co., Battle Creek, Mich.). 1 lb., 35¢ (8.7¢). Soy bean.

Kofy Sub (Dr. Jackdon Foods Ltd., Toronto, Can.). 1 lb. 6 oz., 45¢ (3.2¢). Rye, wheat, molasses, flax-o-lin (from flax).

POOR

Sipp (Modern Products, Inc., Milwaukee, Wis.). 1 lb. 2 oz., 50¢ (2.5¢). Figs, barley, wheat bran, chicory, pea shells, decaffeinated coffee, roasted dandelion root.

Zoy-Koff (Madison Foods, Madison College, Tenn.). 12 oz., 25¢ (6.6¢). Soy bean, bran, brown sugar.

Beverly Hall (Food Balance Corp., Chicago). 1 lb., 32¢ (3.0¢). Barley, rye, figs, chicory, dandelion, yerba mate.

Nuveco (Natural Health Products Corp., NYC). 14 oz., 35¢ (3.2¢). Green peas, chicory, almonds. Rated next to last in the good group with increased strength. Nationally available in health food stores.

Minute Brew (Battle Creek Food Co., Battle Creek, Mich.). 4 oz., 35¢ (4.5¢). Bran, malt, starch, rye, calcium carbonate. Instant brew.

Brevy (American Dietetics Co., Yonkers, N.Y.). 1 lb., 39¢ (3.9¢). Chicory, wheat, malted barley, maltose, dextrins, figs, Vitamin B.

Quaffee (Nature Food Centres, Boston). 1 lb., 39¢ (8.1¢). Wheat, barley, rye, soy bean, lima bean, split green peas.

Chikovac (Kovac Laboratories Inc., Los Angeles). 5 oz., 50¢ (12.5¢). Rice diastase, dextrose, chicory, lactose, seaweed, "seeded with acidophilus culture."



KOPAL

Kopal, a "cosmetic for the teeth," is available in the "better" stores everywhere. "Give teeth flashing new beauty—cover up unsightly stains and blemishes—add glamor to your smile," say the ads. All you do is buy a package of *Kopal* (\$1 or \$1.65), dry the teeth, and apply the *Kopal* as you would nail polish.

The following is CU's dental consultant's opinion on *Kopal*, after use tests and laboratory analysis:

1. *Kopal* is very difficult to apply evenly on human teeth; unless great care is taken, the result is streaky.

2. *Kopal's* covering power is low; it would do very little to hide dark-colored spots, for instance.

3. Only a single shade of *Kopal* is sold, whereas the color of teeth varies over a wide range. Thus, *Kopal* will hardly ever match the teeth of the person using it, and the painted teeth would be very conspicuous among the naturally colored ones.

4. Despite the fact that the label claims that *Kopal* dries in two minutes, actual drying time was found to be over an hour. While it is drying, the movement of the lips over the *Kopal* film does not mar it, but touching the teeth with fingers, pencil, food, etc. will smear and smudge it.

5. When dry, *Kopal* is hard and brittle. It is easily cracked when the teeth are used for biting; even biting the lower teeth against the uppers is likely to crack it.

6. *Kopal* is alcohol soluble; alcoholic beverages are taboo when it is worn.

7. The *Kopal* remover, consisting of 90% alcohol, may irritate the mouth and gums.

8. *Kopal* is no substitute for dental care; its only possible justification is for use in an emergency.

In short, CU rates *Kopal* "Not Acceptable."



MEN'S OVERALLS

CU tests 31 brands of denims and twills for construction, resistance to abrasion, tensile strength, thread count, and shrinkage

A great many of the workers who used to boast that they were in the "white collar" class today proudly number themselves among the overall brigade of war workers.

Overalls are gaining in popularity. Many factories, now employing thousands where they once employed only hundreds, have not been able to expand dressing room facilities to correspond. And many men find overalls, worn over street clothes during working hours, and stripped off for traveling to and from work, a practical solution. CU's laboratory tests of 31 widely sold brands of overalls should be an important aid to all overall wearers.

The OPA has taken cognizance of the increasing importance of work clothes in a series of regulations setting nationwide ceiling prices. Manufacturers and sellers are required to meet the set ceilings only if they conform to OPA's construction standards; otherwise the old store-to-store

ceilings may be charged. As time goes on, however, you will find more and more overalls and other work clothes under the new ceilings, for present War Production Board (WPB) manufacturing requirements bring them within OPA's pricing schedule.

Many of the overalls included in CU's tests were manufactured before these regulations were put into effect. See the following paragraphs and the box, "What to Look For," for the ways in which they differ from the new standards.

MATERIAL

Overalls, like other work clothes, are made in a variety of fabrics, including denim, twill, covert and drills. Most generally used are the blue denims and blue-and-white (hickory striped) twills, which were included in CU's tests.

WEIGHT of both denims and twills varies from six and a half to ten

ounces for a piece of material a yard long and 28 inches wide. The weight you need depends pretty much on the kind of work you do: six and a half- or seven-ounce material is best suited to light work; eight- or nine-ounce fabric is generally used in overalls for factory and construction work; ten-ounce material is usually the choice of farmers and workers in heavy industry.

OPA's regulations require a label declaration of the weight of fabric used in a garment. Such labeling has not been common in the past; of the 31 pairs of overalls included in CU's tests, only seven had the weight of the fabric shown on the label.

SHRINKAGE in work clothes is important; they should fit the first time they are put on, and continue to fit after laundering. All except three of the overalls tested met this requirement. These three, products of the New England Overall Company, were rated "Not Acceptable" because of excessive shrinkage.

OPA's regulations do not require that overalls be made of pre-shrunk material. But if they are labeled as being pre-shrunk, the regulations require that the residual shrinkage be no more than 2%.

One traditional point of overall styling goes back to the days before fabrics were pre-shrunk. Then, as now, manufacturers made the legs extra long. In those days, the custom was to fold back the bottom of the leg to form a deep cuff the first time the overalls were worn, and then to let down the cuff as the garment shrank. Today, the legs are often still too long when bought; but on overalls which are pre-shrunk, the deep cuff remains for the life of the garment. For some jobs these cuffs may be a hazard. If you get overalls with long turn-ups, the best thing to do is to cut off excess material, saving it to use for patches.

The material in all the overalls tested was of satisfactory quality as regards resistance to abrasion, tensile strength and thread count; though there were differences between brands.

LAUNDERING

The washing of overalls should be frequent and thorough. Soil, grease and perspiration, allowed to remain in the fabric, become imbedded and weaken the cloth. Besides, dirty clothes require very severe laundering, which also injures the fabric.

HOW CU TESTED

The 31 brands of blue denim and hickory striped overalls included in CU's survey were tested for resistance to abrasion, tensile strength, thread count, weight and shrinkage. Construction details were also considered in the ratings, with emphasis on the following details: weight of pocket material; how the pockets were sewn; reinforcements; flaps and bartacking on pockets; bartacking on tool strap; type of suspender strap and how their joints were protected; bartacking on fly; pressure of adjustment straps; and number of stitches per inch.

The weights of cloth are noted in the following ratings. Select the highest quality in the weight needed.

BEST BUYS

The following overalls were judged to offer the best value for the money in the order given.

Hard Rock (The Fair Store, Chicago). \$1.89. 9 oz. denim. Three rows of stitches at seams, two at pockets. Half closed suspender straps. Bartacked at all necessary points. Reinforced back pockets. Available in Chicago only. Not to be confused with *Hard-Rock*, listed as "Not Acceptable."

Powr House Cat. No.—7233. (Montgomery Ward). \$1.89 plus postage. 9 oz. denim. Three rows of stitches at seams, two at pockets. Closed suspender straps. Bartacked at all necessary points. Reinforced back and tool pockets. Available by mail order.

Headlight (Larned, Carter and Co.). \$2.39. 9 oz. denim. Two rows of stitches at seams and pockets. Closed suspender straps. Bartacked at all necessary points. Reinforced side, back and tool pockets. Nationally available.

Double-Duty (Hale Bros., Los Angeles). \$1.69. 9 oz. denim. Three rows of stitches at seams, two at pockets. Half closed suspender straps. Bartacked at all necessary points. Reinforced back pockets. Available in San Francisco and Los Angeles only. Not to be confused with *Smith's Double Duty*.

The Fair (The Fair Store, Chicago). \$1.89. 8 oz. denim. Three rows of stitches at seams, two at pockets. Half closed suspender straps. Bartacked at all necessary points. Reinforced back pockets. Available in Chicago only.

Drum Major Cat. No. 1E 40. (Sears, Roebuck and Co.). \$1.42 plus postage. 8 oz. hickory stripe. Two rows of stitches at seams and pockets. Closed suspender straps. Bartacked at all necessary points. Reinforced back pockets. Available by mail order.

What to Look for

SIZING to make material feel sturdier than it is, can be detected by rubbing the material against itself. If excessive sizing is present, it will show up in the form of a white powder.

STITCHES should be no less than ten to the inch on all seams and hems except the hem at the bottom of the leg, where a minimum of eight stitches to the inch may be used, according to OPA. Most of the overalls tested had only eight or nine stitches to the inch on all parts.

SEAMS should have two rows of stitching, and the joining of the materials at the seams should be such that no raw edges show. This is important if the overalls are to wear well. Formerly there were some overalls with as many as three rows of stitching at points of maximum wear; the WPB conservation order puts two as the maximum, and forbids the use of false stitching.

BARTACKS are extra reinforcing stitches at corners of pockets and ends of seams. There must be 42 stitches in a bartack, according to government regulations, with a total of 13 bartacks if the hip pockets are sewn into the side seams, and 15 bartacks if the hip pockets are not sewn in.

BIBS of the overalls may be attached in one of several ways. Most satisfactory is to have the bib first sewn to the trousers, then covered with a banding which is stitched down above and below the original seam. The general practice, however, is to have a single seam connect the bib and trousers and the bottom of the band. A second row of stitches holds down the top of the band. There may or may not be an additional line of stitching at the bottom of the band to hold it down and reinforce it. OPA regulations require that the band be of the same kind of material as the body (denim on denim, or twill on twill), though it need not be the same weight.

SUSPENDERS on overalls can be constructed in one of three ways: open, half open and closed. The closed construction is the sturdiest, with half-open next best. In any case, the place in the back where the suspenders cross should be firmly sewn and bartacked at the point of crossing.

POCKETS on overalls for general use are limited to seven by WPB, except for those used by carpenters, steel workers, painters and paperhangers, on which special pockets and reinforcements are permitted. In addition, one hammer loop or tool strap is allowed on all overalls. Whether the hip pocket has one side sewn into the seam or is separately attached is of little importance so far as wear is concerned, but some workers prefer the seam attachment as a matter of convenience in locating the pockets in a somewhat more accessible place. Side pockets are of the swing variety—somewhat like side pockets in ordinary trousers—in the better constructed overalls. Less satisfactory are side pockets which are simple patches, applied to the inside of the overall.

Bib pockets used to consist of a variety of small and complicated ones for special uses. Wartime regulations, however, call for no more than two pockets on the bib, and no more than a single button or snap, to fasten one of them.

Inspect the pockets before buying, to make sure that they are adequately reinforced at the opening by a bartack at each corner.

BUTTONS AND BUCKLES on overalls used to be made of aluminum or brass; today they are made of iron, plated or painted to retard rusting. Plated trimmings are more satisfactory, since paint comes off more easily and allows quicker rusting.

Suspenders and bib are attached by buttons and a buckle at the front. Previously, the better constructed overalls had two buttons at each bib corner; wartime models are, however, limited to one button on each corner.

All buttons and buckles should be riveted rather than sewn to the fabric.

The new regulation calls for a maximum of two buttons at the fly for sizes up to 38, three buttons for sizes 40 and over.

CONTINUED ON PAGE 120

OPA Price Ceilings

The following are the retail price ceilings set by OPA for denim overalls constructed according to its specifications (prices without parentheses represent Eastern and Central States ceilings; those in parentheses are Western ceilings):

Weight of Fabric (ounces)	Finish	Class I ¹	Class II	
			A ²	B ³
8	shrunk	\$1.47 (1.52)	\$1.87 (1.92)	\$2.00 (2.05)
8	unshrunk	1.41 (1.46)	1.80 (1.85)	1.92 (1.98)
7½	shrunk	1.39 (1.44)	1.78 (1.83)	1.89 (1.95)
7½	unshrunk	1.33 (1.38)	1.71 (1.76)	1.82 (1.87)

¹ Class I stores are defined as those which either (1) sell less than half at retail, the remainder at wholesale; or (2) had annual sales of work clothes amounting to over \$250,000 in 1941 or 1942; or (3) bought most of their work clothes from manufacturers who regularly supplied wholesalers; or (4) bought more than one-quarter of the total output of a work-clothes manufacturer; ² Stores in this category include those not in Class I which buy directly from the manufacturer; ³ Stores in this classification buy from a jobber or wholesaler rather than directly from the manufacturer.

ACCEPTABLE

(In estimated order of quality)

Note that denims and hickory stripes of the same brand are rated separately.

Headlight. Denim. (See "Best Buys.")

Hard Rock. Denim. (See "Best Buys.")

Lee (H. D. Lee Mercantile Co.). \$2.50.

9 oz. denim. Three rows of stitches at seams, two at pockets. Half closed suspender straps. Bartacked at all necessary points. Reinforced back and side pockets. Nationally available.

Powr House. Denim. (See "Best Buys.")

Double-Duty. Denim. (See "Best Buys.")

Smith's Double Duty (Smith's Overall Co., Brooklyn). \$2.39. 7 oz. hickory stripe. Two rows of stitches at seams and pockets. Half closed suspender straps. Bartacked at all necessary points. Reinforced tool and back pockets. Available mainly in New York and the metropolitan area, but also available nationally.

The Fair. Denim. (See "Best Buys.")

Sweet-Orr (Sweet-Orr and Co., Inc.). \$3.39. 8 oz. denim. Two rows of stitches at seams and pockets. Half closed suspender straps. Tool pocket not bartacked. Reinforced back pockets. Nationally available.

Smith's Double Duty (Smith's Overall Co.). \$2.39. 8 oz. denim. Two rows of stitches at seams and pockets. Half closed suspender straps. Bartacked at all necessary points. Reinforced back and tool pockets. Available mainly in New York and the metropolitan area, but also available nationally.

Lee (H. D. Lee Mercantile Co.). \$2.50. 8 oz. hickory stripe. Three rows of stitches at seams, two at pockets. Half closed suspender straps. Bartacked at all necessary points. Reinforced back and side pockets. Nationally available.

Headlight (Larned, Carter and Co.). \$2.39. 7½ oz. hickory stripe. Two rows of stitches at seams and pockets. Closed suspender straps. Bartacked at all necessary points. Reinforced back and tool pockets. Nationally available.

Drum Major. Hickory stripe. (See "Best Buys.")

Oshkosh B'Gosh (Oshkosh B'Gosh Co.). \$2.29. 8½ oz. denim. Two rows of stitches at seams and pockets. Half closed suspender straps. Tool pocket not bartacked. Nationally available.

Roadmaster (W. T. Grant Co.). \$1.79. 9 oz. denim. Two rows of stitches at seams and pockets. Closed suspender straps. Bartacked at all necessary points. Available wherever there are Grant stores.

Go-Pfor (Johnson and Co., St. Peter, Minn.). \$1.95. 8 oz. denim. Three rows of stitches at seams, two at pockets. Half closed suspender straps. Tool pocket not bartacked. Reinforced back and side pockets. Available in Midwest.

Red Star (R. H. Macy and Co., Inc., NYC). \$1.69. 7½ oz. denim. Three rows of stitches at seams, two at pockets. Closed suspender straps. Bartacked at all necessary points. Reinforced back pockets. Available in New York City.

Sweet-Orr (Sweet-Orr and Co., Inc.). \$2.39. 6½ oz. hickory stripe. Two rows of stitches at seams and pockets. Half closed suspender straps. Tool pocket not bartacked. Reinforced back pockets. Nationally available.

Double-Duty (Hale Bros.). \$1.69. 8 oz. hickory stripe. Three rows of stitches at seams, two at pockets. Half closed suspender straps. Bartacked at all necessary points. Reinforced back pockets. Available in San Francisco and Los Angeles only.

Can't Bust 'Em (Eloesser Heynemann Co., San Francisco). \$2.15. 7½ oz. hickory stripe. Two rows of stitches at seams and pockets. Closed suspender straps. Bartacked at all necessary points. Available in the West.

Oshkosh B'Gosh (Oshkosh B'Gosh Co.). \$2.29. 8½ oz. hickory stripe. Two rows of stitches at seams and pockets. Half closed suspender straps. Tool pocket not bartacked. Nationally available.

Drum Major Cat. No. E66 (Sears, Roebuck and Co.). \$1.42 plus postage. 8 oz. denim. Two rows of stitches at

seams and pockets. Closed suspender straps. Bartacked at all necessary points. Available by mail order.

W. T. G. (W. T. Grant). \$1.59. 8 oz. denim. Two rows of stitches at seams and pockets. Closed suspender straps. Bartacked at all necessary points. Available in Grant stores.

Pay Day (J. C. Penney Co.). \$1.69. 8½ oz. denim. Two rows of stitches at seams and pockets. Half closed suspender straps. Bartacked at all necessary points. Available in Penney stores.

Can't Bust 'Em (Eloesser Heynemann Co.). \$1.98. 8 oz. denim. Two rows of stitches at seams and pockets. Closed suspender straps. Bartacked at all necessary points. Available in the West.

Red Star (R. H. Macy and Co., Inc.). \$1.69. 8 oz. hickory stripe. Two rows of stitches at seams and pockets. Closed suspender straps. Bartacked at all necessary points. Available in NYC.

King Bird (H. L. Green Co.). \$1.66. 8 oz. denim. Three rows of stitches at seams, two at pockets. Open suspender straps. Bartacked at all necessary points. Mock reinforcement on back pockets. Available in Green or F. & W. Grand stores.

Pioneer Cat. No.—6232 (Montgomery Ward). \$1.45 plus postage. 8 oz. denim. Two rows of stitches at seams and pockets. Closed suspender straps. Bartacked at all necessary points. Available by mail order.

Big Leed (Blue Bell-Globe Mfg. Co., Greensboro, N. C.). \$1.59. 6½ oz. denim. Three rows of stitches at seams, two at pockets. Open suspender straps. No bartacking at any points of strain except one of the side pockets. Mock reinforcements at the back pockets. Available in the South.

NOT ACCEPTABLE

The following overalls shrank excessively in test and there was no allowance in fit to compensate for loss in size.

Bilt-Well (New England Overall Co.). \$1.79. 6½ oz. hickory stripe. Two rows of stitches at seams and pockets. Open suspender straps. Bartacked at all necessary points. Mock reinforcements at back pockets.

Bilt-Well (New England Overall Co.). \$1.79. 7 oz. denim. Two rows of stitches at seams and pockets. Open suspender straps. Tool pocket not bartacked. Side pocket has only one corner bartacked and is made of a single piece of cloth sewn to overall material.

Hard-Rock (New England Overall Co.). \$1.49. 6 oz. hickory stripe. Three rows of stitches at seams, two at pockets. Open suspender straps. Bartacked at all necessary points. Mock reinforcement on tool pocket. Reinforced back pockets. This *Hard-Rock* is not to be confused with the *Hard Rock* listed among the "Best Buys" and sold by the Fair Store in Chicago.

WOMEN'S WORK CLOTHES

... strike a new note in feminine fashions. CU discusses types, styles, design, materials and tells you what construction features to look for when you buy

There will be 6,000,000 women working in war industries by the end of this year. Over 1,500,000 more will be plowing fields, harvesting crops and managing farms. And many others will be doing work not ordinarily done by women heretofore.

The new jobs call for new clothes, clothes in which style plays second fiddle to comfort and safety. Loose sleeves, flounces, fancy cuffs must give way to sleeves which allow freedom of action and do not catch in machinery; long-lasting denims, coverts, corduroys, drills and poplins must replace satins and crepes. Shoes must be functional; they must protect the feet and lessen fatigue. Millinery must be protective. And with all of that, women's work clothes must have enough style to satisfy the desire of every woman for chic.

To solve such a problem required the combined ingenuity of stylists, safety engineers and production men. In general, the results have justified the time and energy expended.

The government, too, has given some attention to work clothes, women's as well as men's. Recognizing their importance for the war effort, the War Production Board has issued preference ratings for work clothes, and orders for them must be filled before other consumer demands may be met by manufacturers. However, each manufacturer is restricted to four models per year of each type of garment and may offer only two models at one time.

STYLES AND DESIGNS

In spite of these restrictions there is a wide choice of styles and designs. There are work clothes made by ladies' sportswear houses, fashioned with an eye to style; there are purely functional garments made by manufacturers of men's work clothes; and there are work clothes made by clothing manufacturers who try to combine style and function. Besides these, there are patterns issued by the U. S. Dep't of Agriculture. A number of factories select uniform work clothes for all their employees from one or another of these sources.

Where the problem of selection is not thus simplified, the woman worker must make her choice primarily according to the type of work she is doing. "Are the clothes suitable for the work?" is a far more pertinent question than, "Are they becoming?" In places where there is no danger from moving machinery, dangerous chemicals or dust, old clothes may be just as practical as new ones bought especially for the job.

When it comes to buying new work clothes, the first rule is to try them on. If there are no facilities to do so in the store, be sure that they can be exchanged if they do not fit. To test for arm freedom, cross your arms in front of you and see that the sleeves and shoulders do not bind. Sit and bend to be sure that there is enough room in the crotch. If the garment has a drop seat, be sure that it is cut deep enough to be of use.

Workers whose jobs expose them to toxic dusts or fumes should choose clothes which leave a minimum of skin exposed. Those who work near explosive substances generally are not permitted to wear metal buttons or closures or steel-nailed shoes. Women who work near moving machinery, or who pass near it in going to and from their work, must have no loose flaps or pockets on their clothing to catch in moving parts.

TYPES AVAILABLE

While it is an almost impossible task to describe completely all the styles and variations now being made, they do fall into a few general types. These are described here, with suggestions as to types of work they are suited for and an evaluation of some special features to be found in the various types.

COVERALLS are made in the traditional button-down-the-front style that men wear, and also in a model with a surplice closure—a "coverette."

The front-buttoned style is meant mainly for machine shops or light factory work, and is usually made of denim, twill or broadcloth. The material a worker prefers is a personal



Coveralls



Coverette

matter, but the type of work she does should be considered, since heavier work requires heavier fabrics. The trousers of most coveralls either have peg bottoms (narrow at the ankle like a zoot suit) or tabs to button across the ankle for snug fit. They generally have slit (or insert) pockets, which do not catch in machinery. Many coveralls are made with drop seats, but most of these do not have a deep enough opening to be usable. A few have buttons between the blouse and trousers so that they can be worn separately.

COVERETTES are fuller-cut and are usually of lightweight fabrics like seersucker, since they are intended mainly for light farm work and household chores. The surplice front crosses and ties at the waistline like a wrap-around smock. The trousers are cut full, but most of them have tabs to tighten them at the ankle. Most models are made with full patch pockets.

(CU suggests that expectant mothers may be interested in coverettes in place of maternity slacks.

Their adjustable waistline makes coverettes comfortable and practical; they are cool and washable; and best of all, they cost about \$3, compared with a minimum of \$7 or \$8 for maternity slacks.)

OVERALLS have departed little in either design or material from the traditional style used by men. The only



Overalls

innovations are snug-fitting ankles and a "double adjustment" for fit; most women's overalls adjust not only in height—at the shoulder straps—but also by means of adjustment straps at the waist. Like coveralls, they come in a variety of materials for heavier or lighter work.



WORK PANTS AND SLACKS are used by women for all kinds of work, from housework to heavy industrial jobs. Women's work pants are much like men's—made of heavy denim and cut along straight, narrow lines. Slacks are more closely related in cut and fabrics to women's sport trousers; they are more ample through the hips and crotch and are made of such fabrics as flannels, serges, broadcloths and lightweight cottons. Both slacks and work pants have either slit or closely sewn-down patch pockets. Some have pegged bottoms, some are equipped with adjustable tabs at the ankle, and others follow the traditional style of loose flapping bottoms.



CULOTTES, or divided skirts, are mainly designed for women who are more comfortable in skirts than in trousers.

They are satisfactory for assembly lines where there is no whirling machinery and where freedom of action is required but are dangerous when worn near moving machines. They are similar in fabric, though simpler in design, than the culottes used in sportswear, the most common materials used being flannels, serges and lightweight cottons.

SMOCKS include the snug-fitting hooverette, the princess style buttoned smock, the front-buttoned coat dress and the wrap-around brunch coat. All are equally appropriate for light work in factories and on farms and for housework, but the looser styles are more comfortable when worn over another dress. The materials most often used for smocks are lightweight fabrics of poplin, broadcloth and seersucker.

OTHER ITEMS OF CLOTHING

SHOES best suited for most types of work are good sturdy styles with medium or low heels. For those who work with metal or glass, where parts may drop and injure the feet, protective shoes with vamp and toe box reinforced with steel are necessary.

SOCKS of simple white cotton without fancy weaves are best. Those with ribbed tops may be more comfortable than socks with cuffs under tight-ankled trousers. White socks are a safety measure, especially for feet that are doing unaccustomed work and therefore may perspire or blister. Most dyes used for socks are not colorfast and may cause trouble if the skin is broken.

HAIR AND HEADGEAR. Most factories recommend a short haircut for women workers.

In a clean factory or assembly line where there is no danger from moving machinery or from flying dust, the woman worker needs no headgear—except perhaps a simple turban or kerchief to keep hair out of her face. But where there is greasy dust in the air the hair must be covered. Around whirling machinery every bit of hair must be covered. The best protection is a high cap, snug-fitting but not too tight, with enough room in the crown for all the hair to fit in comfortably. The cap should be stiff enough not to fold between moving parts of machines and loose enough to be thrown off if it is knocked against moving or projecting machinery.

CARE OF WORK CLOTHES

The life of work clothing will be prolonged if it is washed often. When soil and grease become imbedded in a fabric and are allowed to remain there, they weaken the fibers. Besides this, the dirtier the clothing, the harder it must be scrubbed to get it clean; which also weakens material.

WHAT TO LOOK FOR

Whatever their style, work clothes should be made of cotton, pre-shrunk to insure as good a fit after washing as before, and densely woven. When it is held up to the light, the little light that shines through should show as small, even pin points. Lightweight materials should have a high thread count (many threads per inch); heavy materials may be of medium thread count.

For long wear, work clothes should be well sewn and well reinforced. Here are some points to look for:

POCKETS firmly stitched, with the corners single or double bartacked to prevent tearing; *back pockets* reinforced at the bottom with a double thickness of cloth. Be sure that the double bottom is actually there, that there is not just a row of false stitching across the middle of the pocket.

ADJUSTMENT STRAPS attached so that they'll stay, with bartacking or double stitching at the line of attachment.

FLY OPENING (if pants are so made) with enough buttons to prevent gaping.

BUTTONS made of metal or rubber, so that they will not break in laundering.

BUTTONHOLES with close, firm stitching and with both ends bartacked to prevent ravelling.

BELT LOOPS bartacked both top and bottom; though they are almost as sturdy if the top of the loop is inserted into the top seam of the trousers. There should be from five to seven belt loops on trousers.

SEAMS—especially on heavier types of materials, such as denims, corduroys, gabardines, twills, poplins and drills—sewn with a double line of stitches, with about ten stitches to the inch.

These points are, of course, what should be included in any garment that must stand up under hard wear. Unfortunately, for all the work that has been done on women's work clothing, specific quality standards for them have not yet been established.

DEODORANTS

... are not usually essential for "personal daintiness." Frequent bathing is all that's needed by most people. But for those who want commercial preparations, CU rates liquid, cream and powder anti-perspirants and deodorants

Left waiting at the altar? Or merely deserted on the dance floor? It's body odor, the ads will tell you. For, just as surely as those other advertising phobias, halitosis, tattle-tale gray, gaposis, auto-intoxication, dishpan hands and loose flakes on your coat collar, body odor can spell *finis* to your romance. But there's a cure, the ads hasten to add. Use of the particular product advertised will, if you follow the formula, bring romance galloping right back into your life.

Let's get away from the glitter of advertising copy, and face the facts. First is the fact that people—all people—perspire. Perspiration serves two important functions: regulating the body temperature by means of evaporation, and helping the body rid itself of wastes. The second fact is that—advertising fancy to the contrary notwithstanding—perspiration in normally healthy people has very little odor. Fact number three is that perspiration, though practically odorless at the start, can become offensive. That's because it's not just plain water, but a combination of body wastes, and the decomposition of these wastes creates unpleasant-smelling substances.

The remedy, then, is obvious. Remove the perspiration residues by bathing, and you've removed the trouble. Application of talcum powder, powdered boric acid, or baking soda solution to the areas where you perspire freely is also helpful. Only if these measures are inadequate is a special deodorant or anti-perspirant called for.

DEODORANTS VS. ANTI-PERSPIRANTS

Although the two terms are often used interchangeably, there is a simple distinction between deodorants and anti-perspirants. A deodorant is a substance which destroys the odors caused by bacterial break-down of the fatty substances in the perspiration. For a limited time, a deodorant also prevents the formation of further odors. It does not stop perspiration. An anti-perspirant, on the other hand, does not destroy odors already pres-

ent. But it does prevent formation of further odors by stopping the perspiration itself. In the main, commercial products are one of these, or a combination of the two. But there is a third type of product. It has no effect on the perspiration or the odor as such; it acts simply as a mask intended to cover the odor of the perspiration with a stronger odor. The final result is unsatisfactory; either the mask is extremely strong, or it is an inadequate cover for the perspiration smell.

HOW THEY ACT

The anti-perspirants contain varying amounts of astringent substances which contract the skin surface by means of a chemical reaction with the skin proteins. By this action, the openings on the skin surface are closed, and the normal flow of perspiration is stopped. Anti-perspirants are applied only to those parts of the body where the offensive odor is most prevalent—usually the armpits. This temporary checking of perspiration in one part of the body is not harmful since it is compensated for by increased perspiration in other parts.

Most of the liquid anti-perspirants included in CU's examinations contained aluminum chloride as the chief active ingredient. On the whole, this seems to be the most effective, and for most people, the safest anti-perspirant. But there are several precautions to be observed in its use. When an anti-perspirant of this type is applied to skin which has been washed with soap and water and not thoroughly rinsed and dried, an insoluble aluminum salt may be precipitated on the skin. This salt can cause inflammation. Skin reactions may also result from an allergy to aluminum chloride, or from its use in too highly concentrated solutions.

Aluminum chloride should be applied only when absolutely essential and as infrequently as possible, and never to raw or broken skin surfaces or on cuts, pimples, or irritations. It should be used after washing the

area, but only after all soap has been thoroughly rinsed off. It should never be used within two days after hair has been removed from the area.

A further disadvantage of aluminum chloride is that clothing, particularly cotton or linen, is harmed by coming into contact with it. It weakens the fibres, and eventually causes the fabric to fall apart. The area on which an anti-perspirant has been used should, therefore, be washed and dried after application, before clothes are put on. Drying alone is not sufficient: the chemical must be washed off if clothing is to be preserved. Washing will not destroy the astringent action of the chemical.

LIQUID ANTI-PERSPIRANTS

Several of the brands of liquid anti-perspirants included in CU's tests were sold in two different concentrations. The weaker was usually colorless; the stronger, containing something like one and one-third times as much aluminum chloride as the other, was tinted red. Price differences between the two strengths were small, varying from nothing to 2¢ more for the stronger solution.

Claims for the stronger solution in some cases stressed that it could be used less frequently than the weaker one, for the same effect. Actually, this is not so. The weaker solutions contain quite enough aluminum salts to do the job; the excess must be wiped off in any case. The fact is that such concentrated solutions are much more likely to cause dermatitis.

But you can take advantage of their low price and high concentration by purchasing the stronger solutions, then diluting them with water. Dilution of two parts of solution with one part of water should leave them strong enough for most people.

One brand of anti-perspirant tested, *Nonspi*, contained another astringent, ferric chloride, as well as aluminum chloride. Avoid this or any other yellowish-brown liquid anti-perspirant; the iron salt which it contains has a tendency to stain the skin.

If you use an anti-perspirant, a 15% solution of aluminum chloride, purchased at the drugstore, may be a better buy than a branded product. But check prices per ounce before you buy; some drugstores may charge more than the price of the cheaper "Acceptable" brands.

You may have to do a little experimentation with strength. Fifteen per cent is the maximum strength recommended by dermatologists; less

may be quite as effective. Try diluting with water to the lowest concentration which will serve the purpose.

Some people find even weak solutions of aluminum chloride irritating. If you are one of these, you can use instead a weak (2%) solution of formaldehyde. Formaldehyde has an advantage over aluminum chloride in that it can be used without danger of irritation immediately after shaving or other hair removal. On the other hand, it does have an unpleasant odor; this disappears, however, in a short time. In some places, a doctor's prescription is necessary to purchase formaldehyde solution. But remember that formaldehyde, too, may cause irritation to some skins.

Anti-perspirants are sold in cream as well as in liquid form, and in the creams, the active ingredient is generally aluminum sulphate. These are unsatisfactory, since prolonged contact is needed for effectiveness, and contact of the creams with clothing is hard on clothing. Some, however, contain aluminum salts which are harmless to clothing. The same is true of anti-perspirants in powder form.

CU recommends as "Best Buys" among deodorants either powdered boric acid or a solution of baking soda. The boric acid may be mixed with ordinary talcum powder. It acts as an antiseptic, to prevent bacterial growth which encourages the formation of odor; baking soda acts by neutralizing the fatty acids which are responsible for the odor's formation.

In commercial deodorants, zinc oxide and boric acid were the principal constituents. Salicylic acid was also found in some brands. The continued presence of salicylic acid on the skin may, however, cause dermatitis. Several liquid deodorants were examined, but they were found to be simply perfume preparations, of questionable efficacy as deodorants.

ANTI-PERSPIRANTS

LIQUID

The active ingredient in the following is aluminum chloride, except Deodorizer which has aluminum sulphate.

(In order of increasing cost per fluid ounce. Figure in parentheses is the cost per fluid ounce)

Aluminum chloride solution 15% (drug-stores). Will prove a "Best Buy" if it can be purchased in your community at a cost per fluid ounce less than any of the commercial brands.

Gimbels Liquid Deodorant (Gimbel

Brothers, NYC). 6 fl. oz., 39¢ (6.5¢). This solution may prove too strong for some people; if so, try diluting as described in text.

Perspiration Suppressor (Cooperative Distributors, Inc., NYC). 4 fl. oz., 34¢ (8.5¢).

Macy's White Deodorant (R. H. Macy & Co., Inc., NYC). 4 fl. oz., 44¢ (11¢).

Macy's Red Deodorant (R. H. Macy). 4 fl. oz., 46¢ (11.5¢). May be too strong; if so, dilute.

Miller's Odor-Neveer (Odor-Neveer Co., Nashua, N. H.). 3 fl. oz., 39¢ (13¢).

Ab-Scent (Madame Berthé, NYC). 4 fl. oz., 55¢ (13.8¢). Active ingredients not stated on label.

Rexall Liquid Deodorant (United Drug Co., Boston). 2 fl. oz., 35¢ (17.5¢). Contained less than declared volume. Label statement "Apply any time," misleading.

Tidy (Carrel Ltd., Chicago). 2½ fl. oz., 49¢ (17.8¢). Active ingredients not stated on label.

Ultra Dew (Pearson Pharmacal, NYC). 1 fl. oz., 19¢ (19¢). May be too strong; if so, dilute.

Instant Dew (Pearson Pharmacal). 2½ fl. oz., 47.5¢ (21.1¢).

Deodorizer (Harriet Hubbard Ayer, NYC). 4 fl. oz., 85¢ (21.3¢). Contents not stated on label. No directions given for use.

Chex (Chex Distributing Co., NYC.) 2 fl. oz., 49¢ (24.5¢).

Barbara Gould Anti-Perspirant (Barbara Gould, NYC). 2 fl. oz., 50¢ (25¢).

Marvelous Deodorant (Richard Hudnut, NYC). 2 fl. oz., 55¢ (27.5¢).

Perstop (Carter Products, Inc., NYC). ¾ fl. oz., 22¢ (29.3¢).

Nonspi (The Nonspi Co., NYC). 2 fl. oz., 60¢ (30¢). Contained ferric chloride which may stain the skin.

Odo-Ro-No, Instant (Northam Warren, NYC). 1.63 fl. oz., 60¢ (36.8¢); 0.21 fl. oz., 10¢ (47.7¢).

Odo-Ro-No, Regular (Northam Warren). 1.63 fl. oz., 60¢ (36.8¢); 0.21 fl. oz., 10¢ (47.7¢). May prove too strong; if so; dilute.

Nedra (Elizabeth Arden, NYC). 2 fl. oz., 75¢ (37.5¢).

Ever-Dry (Ever-Dry Corp., Los Angeles). 1½ fl. oz., 50¢ (40¢).

Du Barry Dainty-Dry (Richard Hudnut). 1½ fl. oz., \$1 (57.2¢).

CREAM

The following contained aluminum salts which do not yield strong acid, hence they would not injure clothing.

(In order of increasing cost per ounce. Figure in parentheses is the cost per ounce)

Gimbels Deodorant Cream (Gimbel Brothers, NYC). 3½ oz., 29¢ (8.3¢).

Apple Blossom Deodorant Cream (Helena Rubinstein, NYC). 2 oz., 50¢ (25¢).

Nonspi Cream (The Nonspi Co., NYC).

1¼ oz., 43¢ (34.3¢). Contained less than stated weight.

The following may injure clothing and should be well wiped off before dressing. Most contained aluminum sulphate, which, like aluminum chloride, yields strong acid and so may prove irritating if used after shaving or on pimples, Taboo, Ward's, Odo-Ro-No Ice and Fresh #2 contained aluminum chloride.

Creme Deodorant (Elizabeth Post, NYC). 0.69 oz., 10¢ (14.5¢). Claim "Recommended for sensitive skin. Will not harm delicate fabrics," misleading.

Zip (Madame Berthé, NYC). 1¼ oz., 19¢ (15.2¢); ½ oz., 10¢ (20¢).

Mystic (Mystic Laboratories, Inc., Jersey City, N. J.). 1.63 oz., 25¢ (15.3¢); ½ oz., 10¢ (20¢). Claim "Does not irritate skin. Does not rot dresses," misleading.

A&S Cream Deodorant (Abraham & Strauss, Brooklyn, N. Y.). 2 oz., 39¢ (19.5¢).

Rexall Deodorant Cream (United Drug Co., Boston). 1½ oz., 39¢ (26¢).

Daggett & Ramsdell (Daggett & Ramsdell, NYC). 1¼ oz., 50¢ (28.6¢). Claim "May be used at any time, as often as necessary, without irritating skin or harming fabrics," misleading.

Dyspelit Cream Deodorant Cat. No.—5752 (Sears, Roebuck & Co.). 1¼ oz., 36¢ plus postage (28.8¢).

Odo-Ro-No (Northam Warren, NYC). 1.13 oz., 39¢ (34.5¢); ¼ oz., 10¢ (40¢).

Etiquet (Lehn & Fink Products Corp., Bloomfield, N. J.). 1 oz., 35¢ (35¢).

Tidy Arctic Cream (Carrel Ltd., Chicago). 1 oz., 35¢ (35¢). Claim "Will not injure clothing. Can be applied after depilatory or shaving," misleading.

Neet (Affiliated Products, Inc., Jersey City, N. J.). 0.8 oz., 29¢ (36.4¢); 0.2 oz., 10¢ (50¢).

Wards Cream Deodorant Cat. No.—1372 (Montgomery Ward & Co.). 1 oz., 37¢ plus postage (37¢). Claim "Can be used after shaving. Does not irritate skin," misleading.

Odo-Ro-No Ice (Northam Warren). 1 oz., 39¢ (39¢); 0.2 oz., 10¢ (50¢).

Barrington Deodorant (North American Dye Corp., Mt. Vernon, N. Y.). ¼ oz., 10¢ (40¢). Claim "Harmless to fabrics," misleading.

Dry Deodorant (Primrose House, NYC). 2 oz., \$1 (50¢). Active ingredients not stated on label. Claim "Will not harm the most delicate fabrics," misleading.

Dorothy Gray Deodorant Cream (Dorothy Gray Ltd., NYC). 1 oz., 50¢ (50¢). Active ingredients not stated on label. Claim "Will not rot fabrics. Can be used after shaving," misleading.

Fresh #2 (Pharma-Craft Corp., Louisville, Ky.). 0.87 oz., 47¢ (54¢); 0.16 oz., 10¢ (62.5¢). Claim "Made safe for clothing," misleading.

Tussy (Lehn & Fink Products Corp.).

¾ oz., 50¢ (57¢). Claim "Harmless to dresses," misleading.

Arrid (Carter Products Inc., NYC). 0.64 oz., 39¢ (61¢); 0.14 oz., 10¢ (71.5¢). Claim "Does not rot clothes. Can be used after depilatory or shaving," misleading.

Lorodo (Parfum L'Orlé, Inc., NYC). ¾ oz., 50¢ (66.7¢). Claim "Will not rot fabrics," misleading.

Taboo (Associated Distributors, Inc., Chicago). ¾ oz., 52.5¢ (78.8¢). Claim "Can be used right after shaving," misleading.

Per-od-ex (Inland Laboratories, Inc., Indianapolis). ½ oz., 49¢ (98¢). Actual weight was 1 oz. Claim "Harmless to clothing. Most people can use immediately after underarm shaving without stinging or burn," misleading.

POWDER

Will not effectively stop perspiration. See text.

Sno-Mist (The Phillips & Benjamin Co., Waterbury, Conn.). 0.4 oz., 10¢ (25¢); ¾ oz., 25¢ (33.3¢). Effective deodorant. Claim "Harmless to clothing," misleading.

PADS

The following are more expensive per individual treatment than other types of anti-perspirants.

(In order of increasing cost per pad. The figure in parentheses is the price per pad)

Zip (Madame Berthé, NYC). 30 pads, 10¢ (0.33¢). Not a very effective anti-perspirant but did have deodorizing properties.

Dyspelit Cat. No. —5758 (Sears, Roebuck & Co.). 100 pads, 43¢ plus postage (0.43¢).

Wards Deodorant Pads Cat. No. —2045 (Montgomery Ward & Co.). 72 pads, 33¢ plus postage (0.46¢). Claim "Non-irritating—harmless to skin," misleading.

Macy's Deodorant Pads (R. H. Macy & Co., Inc., NYC). 40 pads, 47¢ (1.2¢).

5 Day Underarm Pads (Associated Distributors, Chicago). 35 pads, 49¢ (1.4¢).

DEODORANTS

LIQUID

Almay (Almay Pharmaceutical Corp., NYC). 4 fl. oz., 50¢ (12.5¢). Active ingredients not stated on label. A heavy suspension in alcohol.

The following are apparently simply perfumed liquids that act as "masks." Their efficacy as "deodorants" is discussed in the text.

S. O. (Vantine Products Corp., NYC). 4 fl. oz., 39¢ (9.8¢). Active ingredients not stated on label. Claim "Instantly stops unpleasant odors," misleading.

Immac (Mystic Laboratories Inc., Jersey City, N. J.). 4 fl. oz., 59¢ (14.8¢); ½ fl. oz., 10¢ (20¢). Active ingredients

Might as well go home, Judy The party is over—for you!



See Judy—It's such a wonderful party all the other girls are having such a wonderful time. What can be wrong with Judy? Pretty and a good dancer, yes, yet the magazine has a blind spot for her. Some thing is putting the fun on Judy's evening.

THAT NEW MOON IS LUCKY, JUDY—SO BE JEALOUS & WISH ABOUT YOU!

So many popular girls praise Mum because the quick—30 seconds with Mum prevents risk of underarm odor all day or evening.

It's soft—Gentle Mum won't irritate skin. Dependable Mum won't irritate your clothes, says the American Institute of Laundering.

It's sure—Mum works instantly! Without stopping perspiration, it prevents underarm odors—keeps your bath-freshness lasting.

See Authority Magazine—Mum is a gentle, so safe that thousands of women use it with unperturbed ease.

MUM
TAKES THE ODOR OUT OF PERSPIRATION
Product of Bristol-Myers

GO HOME, if you like, Judy . . . but not because you haven't used Mum. Perspiration in normal, healthy people is practically odorless.

not stated on label. Claim "Stops Perspiration odor," misleading.

Perfumed Deodorant (Charles of the Ritz, NYC). 4 fl. oz., 95¢ (23.8¢). Active ingredients not stated on label.

Barbara Gould Rose Geranium Liquid Deodorant (Barbara Gould, NYC). 2 fl. oz., 50¢ (25¢). Active ingredients not stated on label. Claim "Neutralizes perspiration odor," misleading.

CREAM

Perspiration Neutralizer (Cooperative Distributors, Inc., NYC). 2 oz., 33¢ (16.5¢).

Chex (Chex Distributing Co., NYC). 2¼ oz., 39¢ (17.3¢). Active ingredients not stated on label. Claim "Prevents all body odors," misleading.

Macy's Cream Deodorant (R. H. Macy & Co., Inc., NYC). 2 oz., 37¢ (18.5¢).

Plexo Concentrated Cream Deodorant (Plexo Preparations Inc., NYC). 2 oz. jar, 45¢ (22.5¢); 1 oz. tube, 25¢ (25¢). Active ingredients not stated on label.

Fresh #1 (Pharma-Craft Corp., Inc., Louisville, Ky.). 1½ oz., 50¢ (26.6¢). Claim "For Athlete's foot," misleading.

Barbara Gould Cream Deodorant (Barbara Gould, NYC). 1.85 oz., 50¢ (27¢). Active ingredients not stated on label.

Hush (Hush Sales Co., Philadelphia). 1 oz., 29¢ (29¢); 0.31 oz., 10¢ (32.3¢). Active ingredients not stated on label. Claim "Tends to keep armpits dry," misleading.

Amolin (The Norwich Pharmacal Co., Norwich, N. Y.). 1.9 oz., 55¢ (29¢);

0.19 oz., 10¢ (52.6¢). Active ingredients and weight not stated on label.

Tidy (Carrel Ltd., Chicago). 1½ oz., 49¢ (32.7¢). Active ingredients not stated on label.

Marvelous Cream Deodorant (Richard Hudnut, NYC). 1½ oz., 55¢ (36.6¢). Claim "Aids in the control of perspiration," misleading.

Ayeristo Cream (Harriet Hubbard Ayer, NYC). 1¼ oz., 50¢ (40¢). Active ingredients not stated on label.

Yodora (McKesson and Robbins, Inc., NYC). ¾ oz., 30¢ (40¢). Active ingredients not stated on label.

Deo (Elmo Sales Corp., Philadelphia). 1¼ oz., 50¢ (40¢). Active ingredients not stated on label.

Mum (Bristol-Myers Co., NYC). 1¼ oz., 60¢ (48¢); 0.17 oz., 10¢ (58.8¢). Active ingredients not stated on label.

Miller's Odor-Neve (Odor-Neve Co., Nashua, N. H.). 0.68 oz., 39¢ (57.5¢). Weight of contents and active ingredients not stated on label. Conflicting claims on label "Will let perspiration take its natural course . . . Will check perspiration."

POWDER

Macy's Powder Deodorant (R. H. Macy & Co., Inc., NYC). 8 oz., 39¢ (4.9¢).

Dainty Deodorant (United Drug Co., Boston). 4 oz., 35¢ (8.8¢).

Yodora (McKesson & Robbins, Inc., Bridgeport, Conn.). 4 oz., 39¢ (9.8¢). Active ingredients not stated on label. Claim "Reduces excessive perspiration," misleading.

Hush (Hush Sales Co., Philadelphia). 4 oz., 54¢ (13.5¢). Active ingredients not stated on label.

Amolin (Norwich Pharmacal Co., Norwich, N. Y.). 4 oz., 58¢ (14.5¢); ¾ oz., 10¢ (20¢).

Spiro (Spiro Powder Co., Inc., Buffalo, N. Y.). 2 oz., 29¢ (14.5¢). Active ingredients not stated on label.

Quest (International Cellucotton Products Co., Chicago). 2 oz., 31¢ (15.5¢). Active ingredients not stated on label. Claim "Completely destroys body odors," misleading.

Lenthéric Deodorant Powder (Lenthéric, NYC). 3 oz., 50¢ (16.7¢). Active ingredients not stated on label.

Deodo (Sharp & Dohme, Philadelphia). 2 oz., 49¢ (24.5¢).

Tidy (Carrel Ltd., Chicago). 2 oz., 49¢ (24.5¢). Active ingredients not stated on label. Contained a small amount of aluminum salts but would not effectively stop perspiration.

Personal Sachet (Larkin Laboratories, Buffalo, N. Y.). 0.94 oz., 43¢ (45.7¢). Active ingredients not stated on label. Apparently is simply a heavily perfumed powder.

Pat-Sweet (Natone Co., Los Angeles). 10¢. This is a puff containing powder.

"Spree Puff" (Madelaine, Inc., NYC). \$1.25. Active ingredients not stated on label. A "mitten" puff containing powder. An expensive method of deodorizing.



SHOES: CARE &

1. A simple and inexpensive way to get more wear out of your shoe soles is by use of stick-on rubber ones. STICK-ON SOLES, and other similar brands, cost 10¢ a pair at 5- & 10¢ stores. They come in various shapes and sizes.

For best results, stick-ons should be applied over new soles, or over soles not yet worn thin. First, see that the shoe soles are clean, dry and free from oil. If they are oily, remove the oil with gasoline or other solvent.

2. Then roughen the clean shoe sole with the scratcher tool which is part of the kit. Scratch deeply, all the way back to the insole, especially at the toe and outer edges.



4. Then fit left and right stick-ons together, sole to sole, and cut them simultaneously, following the pencilled outlines.

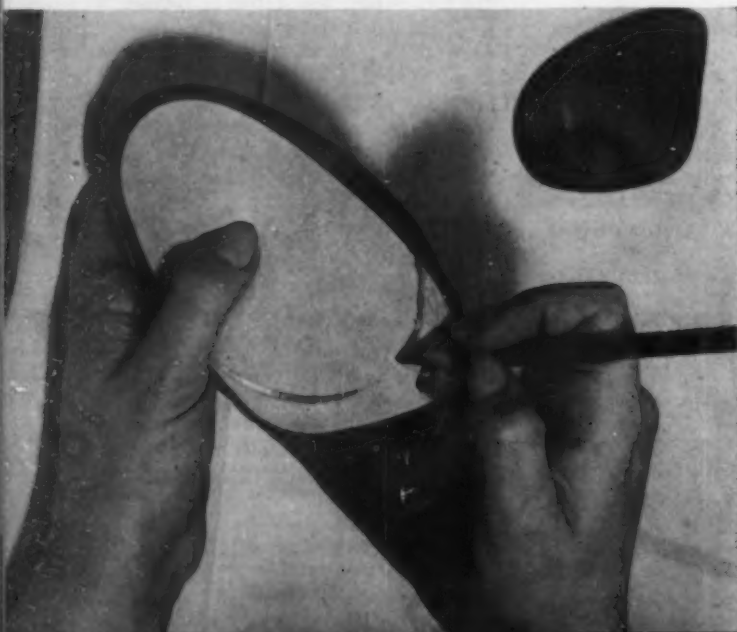
5. Next, remove the paper adhering to each stick-on sole. The easiest way to do this is to bend the rubber until the paper splits, then to pull each edge of the adhering paper gently but firmly away from the rubber sole. Try to keep from touching the smooth rubber beneath the paper covering during this process.



3. Fit left stick-on against right shoe, and mark correct outline on the paper backing of the stick-on. The stick-on should extend to about 1/4 inch of the edges of the sole.



6. Both stick-on and sole are now ready for the final steps. Open the tube of rubber cement, which is part of each kit, by piercing a hole in the neck of the tube, with a pin. Spread a thin, even layer of the cement over the entire smooth surface of each stick-on. Don't lay it on too thick; remember that the tube of cement has to be enough for a layer over each stick-on, plus two applications to each of the shoe soles.



E & REPAIR



←7 Using the same tube of cement, apply a thin coating over each shoe sole, and, after that has been allowed to dry for 15 minutes, apply a second layer.

Fifteen minutes after application of the second coat, fit each stick-on carefully over the corresponding sole, and press it firmly into position. To form a more secure bond between sole and stick-on, tap into position with a hammer, or with the heel of the other shoe. The protected shoes are then ready for wear. 8.↑



When your rubber heels are run down, you can repair them with rubber putty, like SO-LO, shown at the left. The first step is to clean and roughen the worn portion of the heel, then apply two coats of rubber cement (right), allowing 10 minutes to dry after each application. Now apply a coat of the rubber putty over the worn section, spreading it with a knife, as shown below. If the heel is badly worn, you may have to build up the new section in several layers.

After you have applied the correct amount of putty, smooth it in place and shape it with your fingers, as shown below right. Since the putty has a tendency to shrink as it dries, it's best to make the build-up slightly larger all around than the original heel. When you are satisfied with the shape, allow to stand for at least 24 hours—more is better—before wearing the shoe.



CANNED GREEN BEANS

You pay 14 points and anywhere from 12¢ to 29¢ for a can of green beans, CU found. And price was no indication of quality in 48 brands tested

At current values, the point-price of canned green beans is 14 points for a No. 2 can. The cost, in the 48 brands included in CU's tests, varied from 12¢ to 29¢ a can. And, though the cheapest brands were found to be low on the quality list, there appeared otherwise to be no relationship between price and quality. This emphasizes again a fact that CU has pointed out on many previous occasions: without grade labeling, the average consumer is forced into the position of buying canned goods on a "blind" basis.

A few of the big distributors—A&P and the Kroger Grocery and Baking Co. are notable examples—do pack more than one grade, and grade label their different brands accordingly. But the vast majority still follow the old system of calling their products "distinctive quality," or "finest," and let the housewife try to puzzle out what that means.

The quality of a can of string beans is determined by many factors. In the first place, the beans should be picked when they are young and tender. Beans which are too old when picked tend to be tough and stringy; their flavor becomes flat, and they are likely to have rust spots and worm holes. It is important, too, that the beans be canned as soon after they are picked as possible. Too long a time interval at this stage results in the loss of important vitamins; further, the flavor is impaired. Careful inspection and correct cooking time and temperature during canning are also essential in maintaining high quality.

Green beans can make an important contribution to the diet, in that they are rich in vitamins A and G (riboflavin), and are fair sources of vitamins B₁, C and niacin. String beans also contain many minerals which are necessary for good nutrition. But some of these nutritive elements are dissolved in the liquor in which the beans are packed, so that, to get all the nutrition from a can of beans, you must make use of the liquor as well as the beans themselves. You can do this in a variety of ways—chill the liquor for a "vegetable cocktail," or use it as a base for soups or gravies.

HOW CU TESTED

Two to 4 cans of each of 48 brands of green beans were examined by CU technicians. The most important factor considered in the ratings was the degree of maturity, which was determined by an examination of both seeds and pods. The highest ratings were given to tender beans with small seeds in an early stage of development. Excessively tough strings are an indication of beans that are too old to be edible.

Defects such as brown spots or other blemishes, split pods, loose or unsnipped ends, extraneous material such as stems, leaves, etc., are all signs of careless handling of the beans in the cannery.

Another factor considered in the ratings was the condition of the packing liquor. The beans high on the list were packed in a clear, almost colorless liquid, while the beans that were lower in quality had cloudy liquid, containing sediment. A few of the lowest quality beans were packed in liquor that was almost red in color.

Uniformity of color, size and flavor of the beans were also weighted in the ratings.

The ratings are given in the order of quality based on the above-mentioned factors. In addition, "fill of container" and "drained weight" (weight of beans without packing liquor) were checked. None of the cans examined were slack-filled, but three cans of *Finast* and one can of *Richelieu* were below government specifications for drained weight.

BEST BUYS

(Figure in parentheses is cost per lb. of beans without packing liquor—drained weight.)

Co-op, Grade A (National Co-operatives, Inc.) 19¢ (24¢). Cut. Nationally available in cooperative stores.
Dellford (Middendorf and Rohrs). 20¢ (26¢). Cut. Available in the New York metropolitan area.
Kuner (Kuner-Empson Co.). 17¢ (22¢). Cut. Available in the Middle West.
Bohack's Fancy (H. C. Bohack Co., Inc.). 18¢ (22¢). Cut. Available in Bohack stores in Brooklyn and Long Island only.

ACCEPTABLE

(In order of quality. Figure in parentheses is cost per lb. of beans without packing liquor—drained weight.)

Premier (Francis H. Leggett and Co.). 23¢ (31¢). Whole. Available east of the Mississippi.
Del Monte (California Packing Corp.). 23¢ (31¢). Whole. Nationally available.
S and W (S and W Fine Foods, Inc.). 24¢ (31¢). Whole. Nationally available.
Dellford. (See under "Best Buys.")
Co-op, Grade A. (See under "Best Buys.")
Kroger's Country Club (Kroger Grocery and Baking Co.). 23¢ (28¢). Whole. Nationally available in Kroger stores.
Snider (Snider Packing Corp.). 25¢ (31¢). Whole. Nationally available.
Red and White (Red and White Corp.). 21¢ (27¢). Asparagus style. Nationally available.
Kuner. (See under "Best Buys.")
Bohack's Fancy. (See under "Best Buys.")
A & P, Grade A (A & P Tea Co.). 23¢ (29¢). Small whole. Nationally available in A & P stores.
S. S. Pierce (S. S. Pierce Co., Boston). 22¢ (26¢). Cut. Quality variable.
Royal Scarlet (R. C. Williams and Co., Inc.). 23¢ (31¢). Cut. Quality variable. Available in the East.
Clover Farm (Clover Farm Stores Corp.). 27¢ (35¢). Whole. Nationally available in Clover Farm stores.
Finast (First National Stores, Inc.). 23¢ (33¢). Whole. Below government specifications for drained weight. Available in New England and a few other areas in First National stores.
Asco, Fancy (American Stores Co., Philadelphia). 25¢ (33¢). Whole. Available in stores connected with American Stores Co.
Yellowstone (Paxton and Gallagher Co.). 17¢ (24¢). Cut. Available in the Middle West.
Krasdale (A. Krasne, Inc.). 20¢ (25¢). Cut. Many loose ends. Available in the New York metropolitan area.
Red and White (Red and White Corp.). 19¢ (25¢). Cut. Nationally available.
Monarch (Reid, Murdoch and Co.). 22½¢ (26¢). Cut. Quality variable. Two cans very good and 1 can poor. Nationally available.
Hart (W. R. Roach Co.). 18¢ (23¢). Cut. Many loose ends. Packing liquor somewhat cloudy. Nationally available.
White Rose (Seeman Bros., Inc.). 27¢ (36¢). Whole. Nationally available.
Yacht Club (Reid, Murdoch and Co.). 20¢ (25¢). Cut. Nationally available.
Richelieu (Sprague, Warner and Co.). 29¢ (40¢). Whole. One can below government specifications for drained weight. Nationally available.
Bohack's Best (H. C. Bohack Co., Inc.). 18¢ (24¢). Cut. Available in Bohack stores in Brooklyn and Long Island.

White Rose (Seeman Bros., Inc.). 21¢ (27¢). Cut. Nationally available.
Del Monte (California Packing Corp.). 21¢ (26¢). Cut. Stringy. Nationally available.

Cherry Valley (Jewel Food Stores). 13½¢ (18¢). Cut. Available in Jewel stores and on Jewel auto routes.

Snider (Snider Packing Corp.). 15 oz. glass jar, 17½¢ (27¢). Cut. Nationally available.

Shurfine (National Retail-Owned Grocers, Inc.). 19¢ (24¢). Cut. Nationally available.

Ecco (Economy Grocery Stores, Boston). 18¢ (22¢). Cut. Quality variable. Tough.

Kroger's Avondale (Kroger Grocery and Baking Co.). 14¢ (18¢). Cut. Quality variable. One can "Not Acceptable"—flat, sour flavor, stringy, packing liquor cloudy and reddish.

IGA (Independent Grocers' Alliance Distributing Co.). 19¢ (24¢). Cut. Quality variable. One can below government specifications for drained weight.

Premier (Francis H. Leggett and Co.). 21¢ (27¢). Cut. Many defective pieces, leaf, stem, etc.

Jack Sprat (Jack Sprat Foods, Inc.). 18¢ (22¢). Cut. Quality variable.

Reliable (A & P Tea Co.). 17¢ (23¢). Cut. Tough.

Much-More (Food Products Co. of America). 13¢ (17¢). Cut. Loose seeds, ends; packing liquor cloudy.

Grand Union (Grand Union Co.). 19¢ (24¢). Cut.

Choptank (Phillips Sales Co.). 14¢ (18¢). Cut. Quality variable. Many loose seeds and ends, pieces of leaf. Tough.

Island Manor (H. C. Bohack Co., Inc.). 15¢ (19¢). Cut. Quality variable. Many loose seeds and ends. Tough.

Glendale (Clover Farm Stores Corp.). 15¢ (19¢). Cut. Quality variable. Packing liquor cloudy. Tough.

Gibbs (Gibbs and Co., Inc.). 13¢ (17¢). Cut. Many loose seeds, ends and pieces of leaf. Packing liquor cloudy. Tough.

Iona (A & P Tea Co.). 12¢ (15¢). Cut. Quality variable. Many loose seeds and ends. Packing liquor cloudy. Stringy.

NOT ACCEPTABLE

(In alphabetical order)

Kroger's Big K (Kroger Grocery and Baking Co.). 13¢ (18¢). Cut. Quality variable. Flat, sour taste, tough and stringy. Packing liquor cloudy and reddish.

Phillips (Phillips Packing Co.). 15¢ (18¢). Cut. Quality variable, but very low. Many loose seeds and ends. Packing liquor cloudy and pink.

Stokely's Finest (Stokely Bros. & Co., Inc.). 19¢ (25¢). Cut. Off-flavor. Tough. One can contained a caterpillar.

Sultana (A & P Tea Co.). 20¢ (25¢). Whole. Off-flavor. Many defective pieces.

CHILDREN'S FURNISHINGS

... are difficult to get these days. But some of the wartime models are even better than the previous styles. CU gives buying advice on everything from bassinets to baby carriages

by JANE RESNICK

Beginning right at the cradle, the war has brought about changes in the American manner of living. And with the country's birth rate increased by about a third since the outbreak of the war, curtailed production of carriages, cribs and other baby things has meant a real hardship for many wartime mothers.

Severe shortages are just beginning to hit most communities—although war production centers have felt them for some time. Both pre-war stocks and war models are becoming difficult to find. On the bright side is the fact that many of the war models are satisfactory; some even have advantages over previous styles. And improvements are likely as the industry learns to work better with new materials.

If you need things for your baby, it's best to start out by facing the facts. A large portion of the furniture industry has been converted to wartime production, so that the selection among new things will be relatively small. You can save yourself a good deal of grief—and money—by canvassing your friends for hand-me-downs before you do any buying. A trip to a secondhand store may also be rewarding. Frequently you can purchase excellent secondhand furniture at low cost. And for only the additional cost of some paint and some labor, these pieces can be made almost as good as new. You may, nevertheless, have to resign yourself to the fact that certain things are simply not to be had.

BASSINETTES. You may or may not want a bassinet. In their favor, it can be said that they are convenient for moving baby from room to room during the first few months of his life. And the high padding around the sides offers babies good protection against drafts.

On the other side is the fact that the baby will outgrow his bassinet in a few months, and you will have a useless piece of furniture to try to store, or to pass on to someone else.

If you decide that you want a bassinet, you can make it yourself from a large laundry basket, or you can get one ready-made. The reeds for bassinets were formerly imported from the Solomon Islands and are, of course, no longer available. But a good synthetic substitute has been found. Its only disadvantage is that it does not hold paint as well as the natural product. It is wise, therefore, to get an unpainted model.

A large laundry basket—it should be at least 28 inches long—can be bought for about \$1; an untrimmed bassinet of the same size costs around \$5. You can buy a bassinet pad ready-made for about \$1.25 and up, or you can easily make a satisfactory one by folding and stitching an old blanket.

CRIBS. War Production Board (WPB) restrictions have greatly curtailed the amount of metal which may be used in cribs. Instead of springs, wooden slats are now being nailed to the frames. Once you've gotten over the idea that a spring is essential, you'll find the substitute quite adequate.

Other spots where wood has replaced metal offer a bigger problem. The mechanism used to lower the side of the crib used to be of metal; now it's wood. But wood changes with the weather—it swells on damp days and shrinks on dry days; unless well seasoned, it warps out of shape.

The long wooden rod type of slide is, therefore, unsatisfactory, for the rod goes out of shape easily, and the "adjustable" side jams and refuses to adjust. Two short rods at top and bottom, instead of a single long rod, are better. Tracks grooved into the head and foot boards, on which the sides of the crib slide up and down, are better still.

Various devices are used for fastening the side of the crib up into place. Be sure to test the one you contemplate buying, to make sure it won't slide down under rough handling.

Masonite panels are used for head



LOW FURNITURE, which the child can use conveniently, adds to his feeling of security.



TOY CHESTS are simply boxes with hinged lids. They are impractical, for the small child will have trouble reaching the bottom of the chest.



BATHINETTES can't be considered a safe place to leave the baby while you answer the doorbell or put the cereal on to cook.

and foot boards on some cribs. Though it's cheaper than hard wood, this material is strong and durable, and takes a painted or enamelled finish as well as wood. You'll recognize it under waxed or varnished finishes by the absence of grain.

Prices for satisfactory cribs begin at about \$12.

MATTRESSES FOR CRIBS. Many types of mattresses are still available, but there is a shortage of the glazed material that makes the best cover for them. If you can't get a glazed material, cover the mattress completely with a rubber sheet.

Doctors differ as to the best type of mattress for babies; ask your own pediatrician and follow his advice. Child health centers say that any firm mattress is satisfactory. In any case, try to get a mattress that is held together by ties rather than by tufts; tufts offer a challenge to a growing child, and he's likely to pull them out and chew them when he gets to the active stage.

Prices for crib mattresses of adequate quality start at about \$5.

YOUTH BEDS. These are not a necessity; many children graduate directly from a crib to a full-sized bed. They are 5 feet 6 inches long and 2 feet 9 inches wide; hence they are convenient if you need to save space. Styles now available are limited, and regular springs have been replaced by wooden mattress supports, similar to those found on cribs. Prices start at about \$15.

CHESTS. Special chests for the small child are not absolutely essential, but psychologists feel that small furniture adds to the child's feeling of security; he is made to feel that his world is built on a scale to suit him, rather than to tower above him. Low furniture, which the child can use conveniently, also enables him to develop independence by putting away and taking out his own things. Chests are generally available, but if you want to economize, you might look through the secondhand stores.

TOY CHESTS. Most of the toy chests on the market are simply boxes with hinged lids. Actually, nothing could be more impractical as a storage place for toys. For the small child will have trouble reaching the bottom of the chest, and when he—or you—does reach down, it will be necessary to extract the desired toy from the

clutter which inevitably fills the chest.

Much more satisfactory for the purpose is a low set of extra-deep backed shelves (no less than 12 to 18 inches deep), and no higher than the child can reach. With such an arrangement, the toys can be kept neatly in place—preferably by the child himself—and each one is clearly in view when wanted. Shelves like this are not generally available ready-made. But any carpenter can put them together for a few dollars; or if you have tools, you can make them yourself.

BABIES' BATH TUBS. Opinion is divided as to which is preferable; a bathinette or a small tub. Bathinettes are portable, and can be stored away in very little space when they are not in use. When opened for use, you have not only a tub, but also a convenient surface on which you can place the baby during the drying, powdering and dressing operations. But don't make the mistake of thinking that, because bathinettes are equipped with a strap, they can be considered a safe place to leave the baby while you answer the doorbell or put the cereal on to cook. The belts are no more than an aid to keep the baby from wriggling too much while you are trying to dress him. The tub part of bathinettes used to be made of rubber; in new models, a coated sateen has been substituted. Prices of bathinettes start at about \$6.

Small bathtubs are less expensive than bathinettes, and they have the advantage of enabling the mother to sit down while bathing the baby. If you have the necessary storage space, a tub will probably prove more satisfactory than a bathinette. As metal is going out of the picture, wooden tubs, coated inside with plastic, are being made. These cost about \$4.

PLAYPENS are convenient but not essential; they take up a great deal of space and children outgrow them quickly. Better investigate other possibilities before you decide to invest in one. One substitute for a playpen is to fence off a corner of the baby's room with a collapsible gate.

If you do decide to get a playpen—and there are plenty of them on the market—examine it carefully before you buy. Keep in mind that a baby at the playpen age is very active; make sure that the pen is strong enough to stand the rough treatment it's bound to get.

Quilted pads, covered with water-

proof material, are made for playpen floors. Don't buy one that's too soft and thick; babies don't need much protection against falls at floor level. And a soft pad handicaps them when they try to crawl around or stand up.

HIGH CHAIRS AND FEEDING TABLES. Here again you run into a choice, on which opinions differ. A satisfactory compromise is a high chair which can be taken apart to form a feeding table and chair. But these are hard to find in the stores, and are likely to be expensive.

The high chair, without tray, can, in due time, be drawn up to the family dinner table, so that the child will be able to eat with the rest of the family. Be sure that the high chair has wide-apart legs to keep it from tipping over.

Low feeding tables need offer no back-breaking feeding job, if you provide yourself with a low stool so that you can be at the right level. A low table tends to make the baby more self-reliant, since he can soon learn to get in and out by himself. And the assembly can double for a play table for a long time. If the child's feet do not have a firm support on the chair, provide a footstool of proper height.

Current stocks of feeding tables are low. If you can't buy one, a very satisfactory substitute can be improvised from a child's table and a child's armchair.

TRAINING CHAIRS AND SEATS. If you have a warm bathroom, there's no need for a special training chair. The

baby can be trained on a seat which clamps over the regular toilet seat, and costs only a dollar or so. Doctors say such seats should be equipped with foot rests.

Low training chairs, including a chamber pot, are more expensive, and obviously less convenient. They should be used only if bathroom facilities make the use of a special toilet seat impossible.

CARRIAGES. Of all the items of baby furniture, carriages, with their many metal parts, have probably suffered most heavily from wartime restrictions. Nine pounds is all the metal permitted on the new war models. And the wood which is being used instead is a rather poor substitute. Furthermore, production of carriages is much below demand. Prices run around \$20 and up for a collapsible model, and you'll have to give the war model carriage tender care if it's to last through the time it's needed.

All in all, your best bet is to try to beg or borrow an old baby buggy. If necessary, you can have it reconditioned at a carriage repair shop. In most places the cost of a good reconditioning job is relatively high, and often repairmen are swamped with work so that it may take a long time. But even if the buggy is not in very good condition to start with, reconditioning may make it superior to a brand new war model. One repair shop has the following price list:

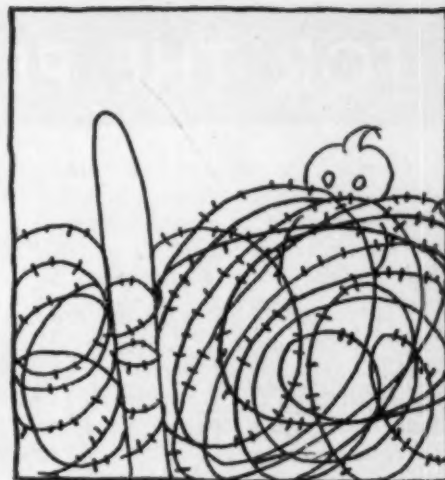
Hood recovering	\$ 9
Reupholstering	9
New wheels, each.....	2
Repainting	15

If you can't get a carriage, remember that a baby can get all the airing and sunning it needs between a well-ventilated room and a back yard or porch or apartment house roof-top.

If you get a stroller, test it first to make sure that it is steady enough not to tip over backward when the baby clambers around in the seat. To test it, lean down hard on the back of the seat.

Wicker strollers, war style, cost about \$11 and up; new wooden strollers, which are just beginning to make their appearance, can be had for about \$7.

SCALES. There are very few of these left in the stores, and no more are being manufactured. If you take your baby to a doctor or to a child health center regularly, this is no serious handicap.



PLAYPENS are not essential. One substitute is to fence off a corner of the baby's room.



SUNNING AND AIRING can be given baby on a porch or apartment house roof-top if you find that you can't beg, borrow or buy a baby buggy.



SCALES are no longer being manufactured. This is no serious handicap, because you can have your baby weighed elsewhere.

Watch for...

Work on the following reports, among others, is either now under way or scheduled to begin soon:

Men's Shoes

Vitamin Products

Breakfast Cereals

Tea Substitutes

Insulation

Peanut Butter

Leg Cosmetics

FOR THE PEOPLE

CU to appeal mailing ban to courts

The following excerpts are from a brief prepared by A. J. Isserman, CU's counsel in appealing to postal authorities for withdrawal of the Post Office ban on the mailing of CU's Report on Contraceptive Materials. Since the appeal was rejected, and the CU Board of Directors has decided to take the case to the courts, parts of the brief are printed here to give CU members the background of the case. We will report further developments as they occur (see editorial, page 115).

THE CONTRACEPTIVE REPORT—ITS CONTENTS

The *Contraceptive Report* has an introductory section from which we quote briefly:

"Contraception should be exclusively a medical problem, involving individual prescription and advice. It has, instead, been shoved off into the commercial field, which has quickly taken it up for the profits in it. Binding legal chains forged in the last century still hold the medical profession back; and Comstockian prejudices and opinions still influence present-day thinking on the subject. But neither legal chains nor prejudices can check a demand growing out of need. Nor can they check a supply to meet the demand. As a consequence, manufacturers with an eye to profit are ballyhooing methods of birth control—'feminine hygiene'—which may or may not be safe and effective. And the consumer who seeks to evaluate the manufacturers' offerings has no ready place to turn to for information.

"Those who object to any use of contraceptive materials should realize that a report on quality of materials and warnings against those which are injurious will not result in more widespread advertising and sale of contraceptives; but it will permit those who are advised by their physicians to use contraceptives to purchase more reliable and safer products."

The main body of the *Contraceptive Report* is divided into three sections. The first is entitled "Unreliable Methods" and describes them in detail. The second section is entitled "Harmful Methods," which are similarly described. The third, the largest section, entitled "Reliable Methods," describes in detail the approved methods of contraception.

The *Contraceptive Report* concludes with a listing of specific products, by brand name and manufacturer's name, some widely advertised as of the date of publication for use in the methods described in the *Contraceptive Report* as "Reliable." The particular products are listed as "Acceptable" or "Not Acceptable," depending upon their proven ability to fulfill the claims made for them by their manufacturers.

CONSUMERS UNION'S INTEREST IN PUBLIC HEALTH

The long and growing record of Consumers Union makes apparent that its interest in public health is neither casual nor haphazard. Rather, it is founded upon a full appreciation of the vital service which can be rendered by Consumers Union in support of existing efforts, governmental and otherwise, in this all-important field.

The *Contraceptive Report* is largely used in a most important phase of public health and welfare work. It is

used extensively by birth control clinics and their patients, and by physicians and less frequently by the clergy.

SOCIAL NEED MET BY THE CONTRACEPTIVE REPORT

In 1936, a study of 31,000 representative women in 26 large cities revealed that over 50% of married white women were practicing birth control in some manner, according to Dr. Raymond B. Pearl, Professor of Biology at Johns Hopkins University. The findings were the result of a five-year investigation of human fertility. It is obvious that nothing which is now printed or mailed can very appreciably affect the proportion of people seeking to plan their families, but will only serve to stimulate changes of method and procedure. Therefore, it is important to see that material which is printed or mailed is limited to that which will popularize methods of contraception which are both harmless and effective.

PUBLIC OPINION. Since 1938, various polls of public opinion have been taken on the question of making contraceptive information available to the public. In March, 1938, the *Ladies Home Journal* posed the question, "Do you believe in birth control?" and received 79% of affirmative replies from a cross-section of women of all religions. In 1940, a Gallup Poll taken nationally of a cross-section of all voters, asked, "Do you approve or disapprove of having Government health clinics furnish birth control information to married people who want it?" 77% of those questioned approved, while 23% disapproved.

Public interest in the question of contraception is further indicated by the fact that in the year 1941, twenty-nine magazines with a total circulation of 14,887,974 carried forty articles dealing with planned parenthood or birth control.

The war time needs of our country, particularly the increasing use of women in defense and other industries, has heightened the social need for reliable contraceptive information. Illustrative of this need we quote the following excerpts from a letter sent by J. G. Townsend, Medical Director, Chief, Division of Industrial Hygiene, Federal Security Agency, U. S. Public Health Service, to Dr. C. C. Pierce of the Planned Parenthood Federation of America, Inc.

"Mr. Bloomfield and I are in complete agreement that there should be a policy of child spacing for women in the war industries, under medical supervision. In our future visits to the various states this matter will be brought to the attention of the State Health Officers and the State Industrial hygiene physicians, emphasizing the importance of this phase of conservation of the health of women in industry, and suggesting that for any further information they write you directly."

The need for restriction of birth has been recognized by the Catholic Church (even though it does not sanction the use of contraceptive materials), and we quote from *The Rhythm of Sterility and Fertility in Women*, "published with ecclesiastical approbation." This author, Leo J. Latz, M.D. asks, "Are married people obliged to bring into the world all the children they can?" and answers, "Far from being an obligation, such a course may be utterly indefensible. 'Broadly speaking, married couples have not the right to bring into the world children whom they are unable to support, for they would thereby inflict a grievous damage upon society.' (Koch-Preuss, *A Handbook of Moral Theology*, p. 472.)"

Other religious bodies, too, have issued pronouncements on birth control. The General Convention of the Protestant Episcopal Church in 1934 resolved:

"That we endorse the efforts now being made to secure

for licensed physicians, hospitals and medical clinics, freedom to convey such information as is in accord with the highest principles of eugenics and a more wholesome family life, wherein parenthood may be undertaken with due respect for the health of mothers and the welfare of their children."

In 1929, the Central Conference of American Rabbis recognized "the many serious evils caused by uncontrolled parenthood among those who lack the prerequisites of health and a reasonable measure of economic resources and intelligence to give to their children the heritage to which they are entitled." They concluded:

"We, the Central Conference of the American Rabbis urge the recognition of the importance of the control of parenthood as one of the methods of coping with social problems."

Thus, it is seen in the foregoing, and in the pronouncements of the Lambeth Conference of Bishops of the Church of England, the General Council of Congregational and Christian Churches, the Universalist General Convention, and the American Unitarian Association, that religion's concern is with the necessity for some form of effective control of the size of the family.

We are now concerned with the dangers which flow from the widespread indiscriminate over-the-counter and mail-order sale of contraceptive material.

These dangers have been mordantly set forth in the *Fortune* article, "Accident of Birth," (Nov., 1938).

The birth control industry does a business of approximately \$250,000,000 per year; there are 636 known brands of products and devices for the female, "put up by the million" in bottles, tubes, jars and boxes and "sold for the most part under the euphemism of 'feminine hygiene'."

While it is undoubtedly true that many of the persons buying and using contraceptive material have had advice from physicians, at the same time it may be safely assumed that the overwhelming majority of specific day-to-day purchases are not, as to the product, on the direct recommendation of a physician. The *Fortune* article points out that "drug store window and counter displays often include preparations for 'marriage hygiene' or 'feminine hygiene' tastily arranged to tempt the buyer." It points out also that distribution is not limited to the drug store, but occurs also "through peddlers and female salesmen posing as nurses, bell-hops, elevator boys, street-peddlers, barber shops, slot machines and razor-blade merchants." This wide distribution, often furtive, led *Fortune* to the following conclusions:

"... that tens of millions of United States citizens practice it [birth control], or attempt to practice it; that a great deal of money is made out of it; and that where that money is made improperly, a great deal of harm is done. The fact is that—as recent court decisions exemplify—the basic law on the subject is obsolete, succeeding neither in preventing the manufacture and sale of this merchandise nor in regulating it wisely."

It is easy to agree with *Fortune's* conclusions that "since these products [contraceptive materials] are inescapably related to the health and well-being of the public, the birth control business is a business requiring public attention," and that:

"Regulation of the sale and advertising of these products, therefore, together with education concerning contraceptive practice, comes under the category of a critical and urgent necessity."

REPORT MEETS NEED FOR RELIABLE INFORMATION

The acknowledged "critical and urgent necessity" to

¹The article states concerning this phrase: "If the phrase 'feminine hygiene' in connection with a germicide does not mean contraception, it can mean nothing, and the public certainly assumes one to be the synonym of the other."

May, 1943

supply reliable information on contraceptive material is in part met by the *Contraceptive Report*.

The thesis of the *Contraceptive Report* is not that birth control is desirable, but rather, that the sale and use of non-effective, often deleterious, contraceptive material is undesirable and dangerous to the public health and welfare. It is merely a guide to the purchaser. The *Contraceptive Report* is a sober analysis of methods in common practice, of material in common use and openly for sale, and of the claims made in newspaper and magazine advertisements, in literature sent through the mail and distributed in drug stores and contained with the material itself, obtainable for the asking wherever there is a drug store or through the mail.

A brief examination of the *Contraceptive Report* indicates how it meets the need for the accurate and unbiased information to which access is at present difficult or impossible to most people.

The *Contraceptive Report* has a section dealing with abortifacients (substances claimed to induce abortions), informing the reader that they are rarely effective and contain dangerous drugs which may poison the user. Surgical abortions are not only designated as illegal, but also as extremely dangerous.

Many of the products specifically named in the *Contraceptive Report* are advertised widely in newspapers, magazines, on the radio and by mail.

The regular catalogue of the large mail-order houses, including Sears, Roebuck and Montgomery-Ward, in the sections on feminine hygiene, list the following products advertised amongst others as having contraceptive properties: *Ortho-gynol* (jelly), *Lygenes* (suppositories), *Lygel* (jelly), *Zoni Cream*, *Zonitors*, *Norforms*, *Lanteen Jelly*, *Koromex*, *Locorol Jelly*, *Zonite* and *Lysol*. Not only are the catalogues available through the mail, but the specific intent of these catalogues is, of course, to solicit mail orders resulting in mail deliveries.

None of the contraceptive products or other material mentioned in this memorandum, or in the *Contraceptive Report*, is sold by Consumers Union. None is advertised for sale in the *Contraceptive Report*. No orders are solicited. Consumers Union has no financial interest whatsoever in the sale of any of these products and no relation whatsoever, direct or indirect, with any of the manufacturers whose products are commented upon, either favorably or adversely.

Actually then, the *Contraceptive Report* fulfills simply the important task of supplying reliable information to persons on the consuming end of a quarter of a billion dollar industry which does much of its business of solicitation, selling and delivery through the mails.

DISTRIBUTION OF THE CONTRACEPTIVE REPORT

It has been asserted in this memorandum that the distribution of the *Contraceptive Report* has been in a limited field. This has been due, neither to the absence of need for the *Report*, nor to a lack of demand. It has been due, largely, to Consumers Union's self-imposed rule of distribution, which appears on the front page of the *Contraceptive Report*, and which we repeat here:

"This report is issued by Consumers Union for the use solely of physicians and social workers and of others who are married and who have been advised by their physicians to use contraceptives."

REPORT NOT UNMAILABLE UNDER POSTAL LAWS

The purpose of the statute barring mailing of information on contraceptives was solely to eliminate "corrupt

communications" from the mails and to protect public morals.

This is well summarized in a note on Judicial Regulation of Birth Control Under Obscenity Laws (50 Yale L. J. 682, February, 1941) as follows:

"Regulation of contraceptives in America began in 1873 with Congressional enactment of a bill 'for the suspension of Trade in, and Circulation of, obscene Literature and Articles of immoral Use.'"

The inclusion of the ban on contraceptive material and information is explained in the above note as follows:

"The cursory debate in Congress disclosed that this (traffic in pornographic materials) was the evil sought to be cured and that contraceptives were included to the extent that they might be subjected to immoral use. Since discussion of birth control was then socially taboo and profound ignorance enveloped the whole subject of contraceptives, it is not surprising that they were treated as a sidelight of the obscenity issue."

The courts in many of the cases dealing with this legislation have judicially acknowledged the limited purpose of the statute; have recognized that the ban on contraceptive information was included because there existed no scientific or medical information on contraception; that the whole subject was little understood; and that the social aspect of the problem was unknown.

Consumers Union contends that under the established principles the *Contraceptive Report*, by its treatment of the subject-matter, the manner of its distribution, and because of the social conditions which have made it necessary, is not subject under the statute to banning from the mails.

The *Contraceptive Report* comments on existing conditions. It contains matters of fact and matters of opinion on products which are used, advertised, sold daily, and in which the mails play a not unsubstantial part. We have already shown that in this comment there is no matter of obscenity, indecency, or immorality.

The comment falls therefore within the freedom of discussion permitted under the Constitution, as it was recently defined in the case of *Thornhill v. Alabama*, 310 U. S. 88. The U. S. Supreme Court in that case said (at p. 102):

"Freedom of discussion if it would fulfill its historic function in this nation, must embrace all issues about which information is needed or appropriate to enable the members of society to cope with the exigencies of their period."

HEALTH AND MEDICINE

HAROLD AARON, M. D., SPECIAL MEDICAL ADVISER

MEDICAL CONSULTANTS: Dr. Anton J. Carlson—Chairman, Dep't of Physiology, University of Chicago; Past President, American Physiological Society; Dr. Theodor Rosebury—Assistant Professor of Bacteriology, College of Physicians & Surgeons, and School of Dental and Oral Surgery, Columbia University; Dr. Marion B. Sulzberger—Ass't Professor of Clinical Dermatology and Syphilology, New York Post-Graduate Medical School, Columbia University; Editor, *Journal of Investigative Dermatology*.

CU's Medical Consultants give technical advice on matters of medicine which lie within their fields. CU is responsible for all opinions concerning social, economic and public health questions.

ARE YOU OVERWEIGHT?

If you are, it's probably due to overeating — and nothing else. Contrary to popular belief, low metabolism or poorly functioning endocrine glands need not cause obesity. CU's medical adviser discusses its true causes and some methods of treatment

Tables showing average weights for heights, ages and sex are familiar to everyone. What everyone doesn't know, however, is that most such tables were compiled in 1912. Yet they are still accepted as satisfactory standards by the public and by most physicians. As far back as 20 years ago, a Dr. E. L. Fisk¹ warned that the average weights for persons over 30 years of age as recorded in these tables was too high from the point of view of life expectancy. Dr. Fisk further brought out evidence to show that the ideal average weight at the age of 30 is the most desirable weight for the remainder of life. The table of weights accompanying this article, which shows approximate ideal weights for different heights, is based on this principle.

It has been customary to approve considerably greater weights on the basis of heavy bony structure, high muscular development or hereditary tendency. According to Dr. Fisk's studies, however, "Life insurance experience has shown that heavyweights, regardless of type and heredity, show an extra mortality."

In 1936 Drs. Dublin and Lotka, well known for their life insurance studies, came to the same conclusion. Excessive weight, they found, carries a much greater risk as one gets older and after 45 even 25 pounds

of extra weight lessens one's life expectancy by as much as five to ten years.

WHY IS EXCESS WEIGHT DANGEROUS?

The lessened life expectancy is the result of the greater tendency for the overweight person to be subject to degenerative disorders such as arteriosclerosis of the heart and blood vessels, and high blood pressure. He also tends to be less resistant to infections and suffers a greater risk in operations than the thinner person. Obviously the prevention and cure of overweight or obesity deserves serious consideration, especially by adults over 35 years of age.

There are many people who believe that they possess some kind of inherent, constitutional fault in the metabolism or oxidation of food so that they gain weight no matter how little they eat. Nothing of the sort has actually ever been proved. Actually, a person gets fat simply because his intake of calories (derived from food) is greater than his output of energy (resulting from oxidation of food). If you eat more food than your body will oxidize, fat will accumulate.

It is true that the obese person produces more heat or energy than a normal person of corresponding age, height and sex. This is shown by basal metabolism tests, which measure the heat production of the body. And

¹ *Health Building and Life Extension*. The Macmillan Company, 1923.

basal metabolism of obese persons is usually higher than normal. Despite increased heat production, however, the overweight state is maintained because more food is eaten than necessary.

Another mistaken notion is that obesity is the result of disturbed function of the endocrine glands like the thyroid or pituitary. On this theory, thyroid and pituitary gland preparations are given to reduce weight. Actually the scientific premise upon which such treatment is based is very flimsy. Dr. L. H. Newburgh and his associates at the University of Michigan Medical School have been making fundamental studies in problems of metabolism and obesity. In a recent article, "Obesity," which appeared in the December 1942 issue of *Archives of Internal Medicine*, they criticize glandular therapy of obesity and show the fallacies in many notions about obesity held by the public as well as some physicians.

GLANDULAR EXTRACTS

Treatment of obesity with glandular extracts is often based on low basal metabolism. A "subnormal" basal metabolic reading in an overweight person may, however, mean only that he relaxed exceptionally well during the test. It does not necessarily mean that he is suffering from "hypothyroidism." Even if it did, desiccated thyroid would not cure his obesity. In some cases, thyroid extract may merely add to the burden of obesity the added load of irritability, nervousness and hyperthyroidism.

To make a diagnosis of hypothyroidism requires more than the presence of obesity or a low basal metabolic determination. In fact a considerable percent of those with true hypothyroidism or myxoedema (severe hypothyroidism) are of normal or even subnormal weight.

Nor does chronic fatigue, even when associated with obesity, indicate a condition of hypothyroidism. Dr. Newburgh believes that fatigue in overweight persons "may be an actual indication that their muscles and other organs are becoming exhausted by overwork. Is this not the true explanation of the rapid improvement that comes with rest in bed and sharply restricted diets?"

As for the pituitary gland disfunction, to which obesity in children is so often attributed, Dr. Newburgh points out that he has yet to see a case in which the connection has been conclusively proved. Dr. H. Bruch

of Presbyterian Hospital in New York has also carried out extensive studies on obese children and come to similar conclusions.

Still another theory attributes overweight in children—particularly boys—to sexual disorders. The boy's testicles may be hidden behind a roll of fat or they may not have descended into the scrotum. The assumption is then made that the child is suffering from hypopituitarism and is given doses of pituitary or gonadotropic hormones. Such therapy may be harmful psychologically as well as physically.

As for the notion that there is a hereditary or familial tendency to obesity, there is no scientific evidence for its support. "The prevalence of obesity in some families need not be accepted as an inherited and therefore an unavoidable trait," says Dr. Newburgh. "A more realistic explanation is the continuation of the familial tradition of the groaning board and the savory dish."

WHY DO PEOPLE OVEREAT?

Since the vast majority of cases of obesity would appear to result from overeating, it is important to inquire why people overeat. In children, overeating is often the result of habits instilled by overanxious parents who falsely associate overweight with good health. Or the habit of overeating may have started with an illness during which over-feeding was practiced. Says Dr. Newburgh on this subject: "My associates and I have

been especially interested in the obesity of young adults that had its onset years earlier in association with an illness. Careful questioning is usually rewarded by the discovery that the mother had been instructed to prevent all physical activity on the part of her child, who had just passed through an illness which was thought to have caused heart disease. Even though activity is cautiously increased months later, the young patient continues to be trained to avoid exercise and to guard against heart strain. The mother, not realizing that the needs for food are greatly reduced in these circumstances and still under the sway of the time-honored belief that recovery will be enhanced by full feeding, spares no effort to tempt the child to eat. The young patient, suffering from self pity and egoism, accepts the food, even though he has no inherent desire for it. As time passes, conditioned reflexes become firmly developed, and the feeling of satiety does not occur until the child has overeaten in the physiologic sense."

The treatment of such children with hormone preparations only increases the difficulties. The children tend to become self-centered, exploit their parents' anxiety about them and acquire other manifestations of disturbed personality development.

Many adults become overweight during those periods of their life when they are subject to severe social, economic or psychological strains. Eating becomes for them—as alcohol

Ideal Weights of Men and Women

Figures include average allowance for shoes, clothes and food

MEN			WOMEN		
Height ft. in.		Weight lbs.	Height ft. in.		Weight lbs.
5	0	126	4	8	112
5	1	128	4	9	114
5	2	130	4	10	116
5	3	133	4	11	118
5	4	136	5	0	120
5	5	140	5	1	122
5	6	144	5	2	124
5	7	148	5	3	127
5	8	152	5	4	131
5	9	156	5	5	134
5	10	161	5	6	138
5	11	166	5	7	142
6	0	172	5	8	146
6	1	178	5	9	150
6	2	184	5	10	154
6	3	190	5	11	157
6	4	196	6	0	161
6	5	201			

(From "Obesity" by Dr. L. H. Newburgh)

is for others—a means of relieving unbearable mental tension. The feeling of repose and comfort produced by a full stomach is well known.

In some adults overeating may be the means of satisfaction substituted for unsatisfied desires in other directions. These people may be thwarted socially, sexually or economically. They may find in eating their chief or even only pleasure. Whatever the fundamental emotional factor, food becomes a balm and a sedative.

TREATMENT OF OBESITY

"Weight can always be reduced by adherence to a restricted diet, but co-operation by the patient is unlikely until the nature of obesity is elucidated and his particular reason for overeating has been discovered and explained to him," says Dr. Newburgh. Since the reason for overeating is usually some form of nervous tension or habit formation, the first step in treatment of obesity is to find the source of the emotional tension and to remove it. This is easier said than done. If the source is in an unconscious mental conflict, prolonged psychotherapy may first be necessary. If it lies in environmental stress—the kind of work performed or the absence of fruitful, satisfying work; conflicts with individuals (husband, wife, parents or working associates)—the removal of the nervous tension may be more easily accomplished. In any event the services of a competent physician are necessary for those difficult cases where the obesity has been severe or of long standing or where attempts to eliminate excess food from the diet have not been successful. The encouragement and discipline afforded by a physician are very important in obstinate cases.

WHAT ABOUT EXERCISE?

The futility or harm in the indiscriminate use of endocrine preparations has already been discussed. That exercise may also be futile or harmful in the treatment of obesity is emphasized by Dr. Newburgh. Massage is pleasant but it will not reduce weight. Actually, very little fat is lost by exercise. Here are some estimates given by Dr. Newburgh:

"The mechanical equivalent of heat is 427 kilogram meters per calory. Since a human being is only about 25 per cent efficient, he will dissipate 3 calories as heat for every calory he converts to work. Accordingly it will cost him 4 calories to raise 1,000 pounds (454 Kg.) three feet (91

cm.). If he weighs 250 pounds (114 Kg.), he can climb a flight of stairs 10 feet (305 cm.) high at the expense of but 3 calories. But by depriving himself of one-third of a gram of butter or one-fourth of a teaspoon of sugar, he will reduce his intake 3 calories. He will have to climb twenty flights of stairs to rid himself of the energy contained in one slice of bread. If he is a good walker he may dissipate 100 calories per horizontal mile. Omission of an ounce of cream will reduce the inflow of calories to the same extent. Since adipose tissue yields 8 calories per gram, the mile's walk will reduce the patient's weight only 12.5 Gm. He must walk 36 miles (58 kilometers) to rid himself of 1 pound (0.5 Kg.) of adipose tissue—how disappointing! Exercise is usually a much harder way of reducing weight than by limitation of food."

Anyway those who enjoy exercise, sports or Turkish baths are also generally the ones who acquire a ravenous appetite and thirst in the process. It is ludicrous for an overweight person to go through the routine of calisthenics, hot room, steam room, cold plunge and massage; weigh himself, find he has lost two or three pounds; then sit down to two cocktails and an enormous meal, to gain it right back again.

Sweating causes a loss of fluid but not of fat. The tissues become thirsty and the patient soon makes up the loss by drinking water and other fluids or eating food. Belts or appliances applied to special regions of the body on the assumption that they will massage away the fat are useless.

A detailed discussion of dietetic treatment of overweight will appear in an early issue.

Watch for...

... an article on commercial vitamin preparations, to appear in an early issue of the *Reports*. The article will contain detailed discussions of the many commercial brands on the market, with the latest authoritative views on whether vitamin supplements are necessary in these days of restricted diet, what constitutes a good product, and which brands contain the correct balance of different vitamins, at the lowest price.

MEDICAL NEWS AND VIEWS

"Sulfa" Drugs

The amazing effectiveness of the sulfa drugs in combating infections is beyond question. They have been responsible for saving many thousands of lives; they may be counted upon to save millions more. But that doesn't make them a universal panacea, effective for anything from common colds to scratched knees. Because they have been used indiscriminately for both these things, as well as for a host of other minor ailments, it is necessary here to issue a warning.

In the first place, sulfa drugs are, medically speaking, "specifics." That means that they are effective against certain specific organisms; they have no value in combating infections caused by organisms outside this group. Pneumonia, meningitis, septicemia, and some urinary tract infections are among those for which the sulfa drugs are specific combatants; colds and chronic sinus infections are among those upon which the sulfa drugs have no effect. Recent reports that a combination of sulfa drug solution, ephedrine and glycerine prevent or reduce the duration of the common cold should be regarded with skepticism.

Sensitization

The second indication against indiscriminate use of the sulfonamides is that too frequent use may cause sensitization, manifested by serious skin eruptions, and preclude further use of the drugs. This should be kept in mind before you buy the sulfa-impregnated adhesive bandages which are currently being widely advertised. Remember that the ordinary cuts and scratches for which adhesive bandages are used at home are readily cured by ordinary first-aid measures. Then, in case you do get a serious infection for which medical treatment with a sulfa drug is necessary, you will be in a position to receive it.

Another harmful by-product of the current fashion for indiscriminate use of the sulfonamides is manifested in so-called "drug-fastness."

This means that some bacteria tend to become accustomed to the drugs, and develop a resistance to them. This tends to happen particularly when the drugs have been administered in small doses over a period of time. Should a person become infected with these sulfa-resistant strains, the sulfonamides which would ordinarily cure the infection may have little or no effect. Further, the drug-fastness is not necessarily confined to the person who was originally infected. Another person, who acquires the disease through the drug-fast bacteria, also resists cure by the sulfa drug. The consequences of this development are, obviously, of tremendous and ominous significance.

The sulfa-drugs are, then, a two-edged sword. Competently administered, under careful medical supervision, they are one of humanity's greatest boons in the fight against disease. Indiscriminately used, they can be of great danger, not only to the user, but in building up disease-resistant strains of bacteria, which cause diseases that cannot be cured by the sulfonamides ordinarily used to cure them.

ADS: FACTS AND FANCIES

Palmolive Soap

"Now—Actual Proof of New Skin Beauty for 2 out of 3 Women in 14 Days," say full-page ads of *Palmolive* soap. The evidence? "Proved by 9 doctors in 402 tests on all types of skin." The "scientific" data was gathered and published in such highly scientific journals as *Collier's*.

It is an axiom, long established by advertising practices and ethics, that you can get nine doctors or nine "society" women or nine Indians to say anything you wish if you will pay them well enough. We don't know who the nine doctors are in this instance. But that is irrelevant, since you can probably get another group of nine doctors to say the same thing about another soap. For the fact is that many women use soap too infrequently for cleaning their faces, and a more liberal use of

any ordinary toilet soap will improve their complexions.

Dr. Marion B. Sulzberger, distinguished dermatologist and medical consultant to Consumers Union, long ago said some pointed things about cosmetics and soap (*Science in the Service of the Consumer*, published by Consumers Union, 1941) that make the current advertising claims anti-climax to informed consumers.

He pointed out that many women use "too little soap and too much greasy 'cream' on their faces. The skin on their faces is greasy, but they don't realize it. They are convinced that it is dry. It is simply a tallowy grease, which is solid at body temperature.

"If, however, you will take that apparent dry scale and rub it between paper, preferably cigarette or tissue paper, you will see that there is grease at the base of it. When these women use creams, they either remove the scale mechanically, or make it translucent by the application of the oil and grease, and lay it down flat on the surface. In other words, grease on such a skin accomplishes nothing which is curative. But if you use soap repeatedly to remove the natural tallowy grease, eventually you will help the entire condition and keep the grease away from the skin. . . .

"Scrubbing thoroughly with a brush or washcloth and warm water and soapsuds with a plain, bland soap (not necessarily expensive) is very good for the skin of most normal adolescent and adult women. . . ."

And the improvement will be due not to the use of *Palmolive* but to the use of any plain bland soap.

LABOR

MEN'S OVERALLS

Sixteen of the 31 brands of overalls tested by CU were manufactured in union plants under contract with the United Garment Workers of America (AFL).

According to figures issued by the Bureau of Labor Statistics, the average hourly earnings throughout the industry, including union and non-union plants, were 57¢ in November, 1942. Average hourly earnings in organized factories were somewhat higher.

The following brands included in CU's tests are union-made, under contract with UGWA:

Smith's Double Duty (Smith Overall Co.). The company informs CU that it employs an average of 80 workers throughout the year, that they work 40 hours per week for 50 weeks. The minimum weekly wage is \$18 and the average weekly wage is \$25.

Hard-Rock, Bilt-Well (New England Overall Co.). The company states that it employed 213 workers in 1942 in its Boston and Nashua, N. H. factories. The work week is 40 hours, and employees worked an average of 51 weeks in 1942. The minimum weekly wage is \$16 and the average weekly wage is \$23.22.

Lee (H. D. Lee Mercantile Co.), **Headlight** (Larned, Carter & Co., a subsidiary of the Crown Overall Co.), **Sweet-Orr** (Sweet-Orr & Co., Inc.), **Oshkosh B'Gosh** (Oshkosh B'Gosh Co.), **Go-Pfor** (Johnson & Co.), **Can't Bust 'Em** (Eloesser-Heynemann Co.).

The following brand is non-union:

Big Leed (Blue Bell-Globe Mfg. Co.).

The following overalls are distributors' or jobbers' brands which are bought from a variety of sources. Some of them may be union-made, some non-union:

Hard Rock, Powr House, Double-Duty, The Fair, Drum Major, Red Star, Roadmaster, W. T. G., Pay Day, King Bird, Pioneer.

CONSUMERS UNION

17 UNION SQUARE W., N. Y. C.

I ENCLOSE \$4 FOR WHICH PLEASE

☐ Enter me as a member and send me the Reports and Buying Guide and Bread & Butter for one year.

☐ Renew my membership for one year and send me Bread & Butter to run concurrently with the Reports.

I ENCLOSE \$3.50 FOR WHICH PLEASE

☐ Enter me as a member of Consumers Union and send me the Reports and Buying Guide for one year.

☐ Renew my membership for one year.

I AGREE TO KEEP CONFIDENTIAL ALL MATERIAL SO DESIGNATED

NAME

ADDRESS

SCU

Election of Directors

Later this month you, as a CU member, will be getting your ballot, so that you can vote for new Directors to fill the vacancies on CU's Board. At the same time, you will receive CU's annual questionnaire.

We urge you to fill in and return both questionnaire and ballot. Remember that the people you elect, and the directives you give in answering the questions, will help shape CU's policies and activities during the coming year. CU is a membership organization. Your participation in elections and in formation of policies is your right as well as your duty.

CU's Seventh Annual Meeting

Consumers Union's annual meeting is to be held the end of June, in New York City. Streamlined to meet wartime conditions, it will be confined to a single day's sessions.

The morning session will be devoted to a discussion of the quality of consumer goods; the afternoon session will take up the question of health in wartime.

The annual business meeting will take place before the regular morning session. CU's officers will report on operations during the past year. Results of members' balloting for new Directors will be announced.

Complete details of the Conference program will be announced in the June Reports.

Pamphlets on Food and Nutrition

A number of government and private agencies have issued pamphlets and bulletins to help housewives plan better meals for their families. Many of these contain valuable suggestions on the use of low-cost foods. The selection below is representative of the many publications available.

Road to Good Nutrition, Children's Bureau, 15¢.¹

This Problem of Food, by Jennie I. Rowntree, Pamphlet No. 33, Public Affairs Committee, 30 Rockefeller Plaza, NYC. 10¢.

Fruit & Vegetable Buying Guide for Consumers, Misc. Pub. 167.¹

Victory Meal Planner, Bureau of Milk Publicity, Albany, N. Y. Free.

Market Lists for Moderate Cost and Liberal Meals. Free.²

Three Market Lists for Low Cost Meals. Free.²

Eat the Right Food to Help Keep You Fit. Free.²

Dried Fruits in Low Cost Meals. Free.²

Green Vegetables in Low Cost Meals. Free.²

Dried Beans and Peas in Low Cost Meals. Free.²

Fats and Oils for Cooking and Table Use. Free.²

Root Vegetables in Low Cost Meals. Free.²

Potatoes in Low Cost Meals. Free.²

Meat Dishes at Low Cost. Free.²

Diets to Fit the Family Income, Farmers Bul. 1757.¹

Well Nourished Children, Folder 14, Children's Bureau. 5¢.¹

Are We Well Fed? Misc. Pub. 430. 15¢.¹

Vitamins for Health, by Henry Borsook and William Huse, Pamphlet No. 69, Public Affairs Committee, 30 Rockefeller Plaza, NYC. 10¢.

Food for Children, Farmers Bul. 1674. 5¢.¹

Home Canning of Fruits, Vegetables and Meats, Farmers Bul. 1762. 5¢.¹

Human Nutrition, U. S. Dep't of Agriculture Year Book Separate No. 1668. 40¢.¹

Eggs at Any Meal, Agric. Leaflet 39. 5¢.¹

Practical Fish Cookery, Fishery Circular 19. 5¢.¹

Your Children's Food and the Family Pocketbook, Children's Bureau Folder 24. 5¢.¹

When You Eat Out, Bur. of Home Economics. 5¢.¹

Menus and Recipes for Lunches at School, Agriculture Misc. Pub. 246. 5¢.¹

Conserving Food Value, Flavor and Attractiveness in Cooking Vegetables, Agric. Circular 265. 5¢.¹

CUMULATIVE INDEX

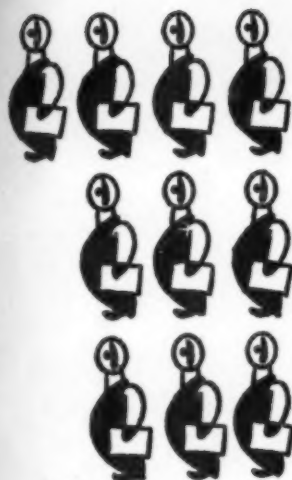
Each issue of the Reports contains this cumulative index of principal subjects covered since publication of the 1943 Buying Guide issue. By supplementing the Buying Guide index with this one, members can quickly locate current material and keep abreast of changes resulting from new tests. Page numbers run consecutively beginning with the January 1943 issue. Jan. 1-28; Feb. 29-56; Mar. 57-84; Apr. 85-112; May 113-140.

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Work clothes, women's	120

¹ These publications are for sale. Give title and number, and order from Sup't of Documents, Government Printing Office, Washington, D. C. (do not send postage stamps).

² These publications are free. Address your request to Bureau of Home Economics, U. S. Dep't of Agriculture, Washington, D. C.



There's Strength In Numbers . . .

But numbers alone aren't enough. For just as a large portion of the strength of great armies comes from their equipment and supplies, so the strength of consumers comes from the fact that they are well-informed and thereby well-equipped to carry on the fight on the home front.

You, as a consumer, have a responsibility in the matter. Your job is only partially done when you keep yourself up-to-date on consumer problems. It's your further responsibility to see that other consumers become informed, too, so that they can become efficient parts of the home front army.

Here's an easy way to do it. Get nine or more of your fellow-workers or neighbors to join you in a CU group. Each of you will save \$1 a year on your CU membership that way; for \$3 each group member will get monthly, the *Consumer Reports* (including the 384-page annual *Buying Guide* issue), plus 52 issues of the consumer news weekly, *Bread & Butter*. In addition you, as the group leader, will get an extra free subscription, to help you in organizing more consumers.

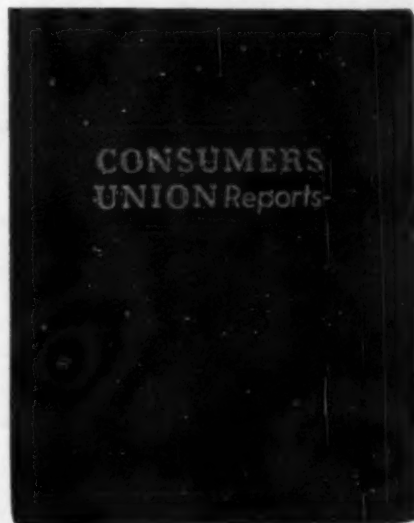
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Then you'll have them, all together, whenever you need their help. The gold-stamped, black leatherette binder—easy to operate—will make a neat, convenient volume of your *Reports* as you get each copy. No more dog-eared numbers. No more wondering just where you did put that issue you need right away. No more juggling of back copies so that they'll be in the right order for use of the Cumulative Index that appears in each number. The binder is yours for only 75¢. Order your copy today.

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That applies to your monthly *Reports* as well as to clothes, furniture and household things. And the best way we know of to do it is file your *Reports*, as they come, in the attractive and convenient binder, made just for the purpose.



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- ☐ I enclose \$_____ for _____ CU group memberships. The names and addresses of the other members of my group are listed on the attached sheet.
- ☐ Send me further information and literature which I may distribute to my friends, to form a CU group.

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SLB

AS A CONSUMER YOU HAVE A JOB TO DO...

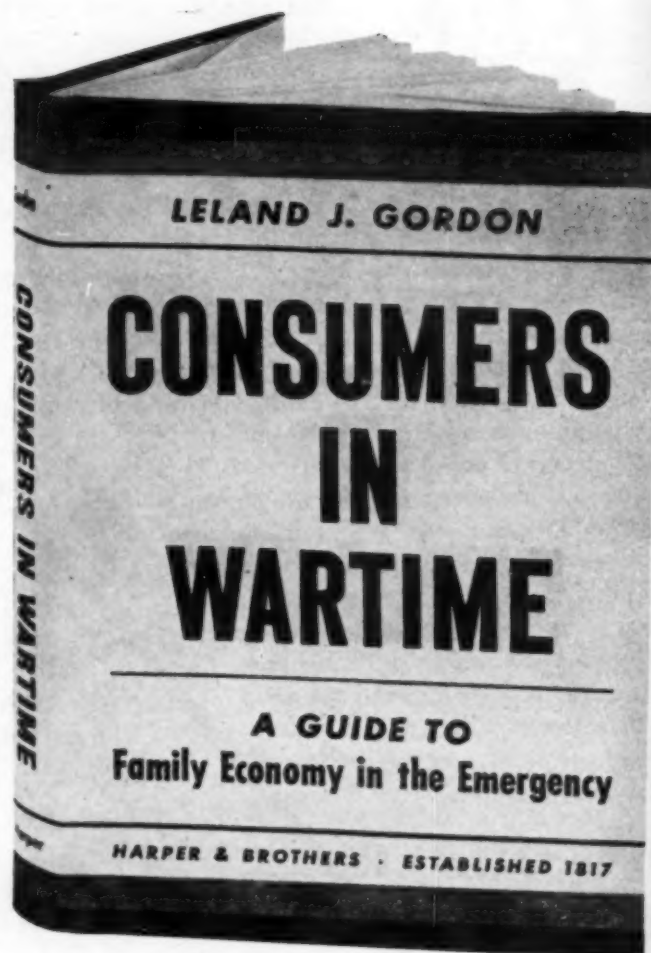
"What is this job you have to do? Actually you as a consumer have three jobs. First of all you must make a choice among the economic goods and services available. One of the characteristics of consumer democracy is that you are free to make the choice you want, whether or not it is wise. Your second job is to make a purchase. This requires that you go in to the market place and there select among a large number of brands particular branded products which you want. Your third job is to take your commodity back to your home and there use it carefully and intelligently so that it will yield the greatest satisfaction to you and your family."

That is how Professor Leland J. Gordon, Professor of Economics at Denison University, poses the problem. And he discusses it in the same straightforward manner in his enlightening new book, *Consumers in Wartime*.

Even if you are buying only essential items of food and clothing these days, your shopping trips in the wartime market may be studded with pitfalls. Dr. Gordon tells you how to overcome them—and how to make the most of them.

You will find throughout the book, valuable lists of pamphlets and books, agencies and organizations from which you can obtain further information on specific problems, plus charts that will help you to plan a budget and keep track of your expenditures.

The regular edition of *Consumers In War-*



time is published by Harper and Brothers. It sells, in bookstores, for \$1.75. Copies are available to CU members at the special price of \$1. Use coupon below for ordering.

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CONSUMERS IN WARTIME

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